

Seachange @ Work Book



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Description

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Seachange @ Work is structured around a typical working day. The book starts with the journey to work, takes readers through their working day and shows how to:

- Create an ideal working day

- Arrive at work feeling fresh and ready to take on the day
- Identify key areas that would benefit from an increase in energy flow
- Create a supportive working environment
- Be your authentic self in the workplace
- See working relationships from a different angle
- Arrive home with energy to enjoy the rest of the day
- Work with passion and purpose

Each chapter provides clear, easy-to-follow guidance and exercises designed to help readers gain a greater awareness of their environment and develop the basic skills to sense and work with the energy around them. In this practical and engaging book, Linda James shows how, with small adjustments, readers will bring authentic, positive changes and increased energy to their working day.

Linda James draws on more than 30 years' corporate management experience in England, Canada and Australia. She is a Certified Energy Healer, Holistic Counsellor and Transformational Life Coach, writer and teacher of inspirational courses.

Seachange @ Work is available through The Shop on this website or through Amazon, or as an e-book on Kindle or Epub readers.

A\$19.95 Paperback — free postage within Australia.

A\$9.99 ebook version