



Mastering the Channels of EMPOWERMENT

Corporate Wellness Workshops

with **Nomi Bachar**

Creator of the Gates of the Power® Method

Leadership • Work-Life Balance • Communication Skills • Empowerment • Self-Actualization

What is the Gates of Power Method® and how will it empower your workforce?

Gates of Power® is a unique, self-actualization method that empowers participants to fully engage all facets of life. This comprehensive system encourages enduring leadership, work-life balance, and creativity in the individual and for their respective teams.

Bringing a corporate wellness program to your company demonstrates respect and care about the well-being of your organization. By tackling issues such as stress, communication, and leadership, you will be able to develop best practices for healthier and more productive employees.

Topics for the Contemporary Workforce

- **Mastering Success: Unleash the Power Within**
- **Communications: The Interpersonal and The “X” Factor**
- **The Art of Transforming Stress**
- **Leadership and Your Team: Managing With Purpose**
- **Women’s Leadership: Who Says Women Can’t Lead?**
- **Work-Life Balance: How to Have It All**
- **The Power of Creative Expression**

Are you ready to have more productive and satisfied group of employees?

Let Nomi Bachar help you get there.

Motivational Speaker • Life-Coach • Self-Actualization Expert

Nomi Bachar is the creator of Gates of Power® method, and the Director of White Cedar Institute for Expanded Living, LLC. She is a counselor and self-actualization expert. Nomi has dedicated her career to the art and craft of human development and transformation.

Nomi is trained in psychodrama, Gestalt, bioenergetics, and primal therapy – all psychotherapeutic modalities that encompass the use of expression, creativity, imagination, and intuition. For over 25 years, Nomi has helped hundreds of committed clients transform their lives through counseling and coaching, as well as through her lectures, seminars, and workshops. Her presentations are interactive, dynamic, and entertaining. Nomi’s much-anticipated book, “Gates of Power: Mastering the Channels of Empowerment” is due out soon, and will expand on her teachings and experiences.





Mastering the Channels of EMPOWERMENT

Workshop Topics

- **Mastering Success: Unleash the Power Within**
Learn the formula of vision, plan, choices, commitments, actions, to maintain focus and consistency. Confront self-defeating habits, fears, and lack of self-esteem. Gain skills for success.
- **Communications: The Interpersonal and The “X” Factor**
Achieve the skills for effective communication. Learn to listen, express, evaluate, support, and empower.
- **The Art of Transforming Stress**
Learn to reduce and release stress. Through various exercises and breathing/meditation techniques, transform stress into positive energy.
- **Leadership and Your Team: Managing With Purpose**
Use the Gates of Power® principles to cultivate leadership capabilities including creativity, communication, commitment, team building, and risk taking.
- **Women’s Leadership: Who Says Women Can’t Lead?**
At times, women find the challenge of asserting themselves and balancing their responsibilities as homemakers and career leaders overwhelming. Learn, as a leading woman, how you can identify your unique leadership power and accentuate it.
- **Work-Life Balance: How To Have It All**
Are you struggling with the demands of home and pressures of work? Learn creative and constructive ways to fulfill your personal needs and professional goals. This practical workshop will empower you to maintain and enjoy a healthy work-life balance.
- **The Power of Creative Expression**
Learn to cultivate your expressive and creative ability through the use of writing, music, movement, games, and art.

***All topics are inspired by the Gates of Power® method*

Testimonials

“...the humanity and understanding that Ms. Bachar exhibits allows people to examine their lives in a new light, to learn about themselves... develop and change...a rare ability indeed.”

-Peter Herdrich, Television Producer

“Ms. Nomi Bachar has led multiple workshops at Moonfire to wonderful results. She has been an effective, supportive, and compassionate workshop leader throughout the time that I’ve known her. I can confidently recommend her to conduct any workshop at your center.”

-Amethyst Nemzoff



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Contact us for a free consultation!



Let's build a healthier and more productive organization together.

Call us at 212-877-0346 for more information and pricing.



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"Teams make you better than you are, multiply your value, enable you to do what you do best, allow you to help others do their best, give you more time, provide you with companionship, help you fulfill the desires of your heart and compound your vision and effort." – John Maxwell



Mastering the Channels of E M P O W E R M E N T

Workshop Topics – Additional Information

Mastering Success: Unleash the Power Within

This is an effective workshop designed to build character and provide tools for success, supporting the participant's ability to define goals and create realistic timetables to achieve them. The course will teach the formula

- **Shift the Inner Paradigm • Vision • Plan • Choices**
- **Commitments • Actions • Victories**

This formula maintains focus and generates consistency. In this workshop, participants will confront self-defeating habits, fears and lack of self-esteem. They will learn to recognize self-sabotage and procrastination patterns and confront them. Participants gain skills for success, such as confidence, integrity, and self-respect while setting and achieving goals, staying focused on vision, building constructive and creative communication, and work habits.

Communication Power and the X Factor

This is a course in effective communication, personal as well as professional. Participants practice how to be clear, precise, expressive, and assertive in their communications. They learn to listen, take in, evaluate, as well as respond and mirror. Participants also master the ability to avoid re-activeness, blaming, and attacking. The skills of negotiation, request making, and tolerance of differences are addressed.

The X Factor

The Four Magic I's and the Four Magic E's, tools for effective communication, are going to be covered.

The Art of Transforming Stress

This practical workshop is structured to reduce stress. We use a unique process of listening to the tension in the body as well as in the mind. The process helps participants identify and understand sources of stress and learn self-coaching techniques for inner strengthening and relaxation. The Workshop includes meditation and breathing techniques, specific physical exercises, emotional release processes, simple self-massage and self-acupressure techniques to reduce stress.

Leadership and Your Team: Managing With Purpose

Leaders' lives are dedicated to contribution. They create visions grounded in the present and expanding into the future. They commit to their vision fully and take responsibility for its manifestation. They inspire encourage and challenge their team members to work together. They utilize each person's abilities, creativity and passion.

Gates of Power® offers a seminar that uses the empowering principles of the method to train participants in cultivating leadership abilities. The personal qualities that are discussed and practiced in the seminar are: Persistence, integrity, commitment, communication, creativity, compassion, constructive risk taking, flexible assertiveness and team building.



Workshop Topics – Additional Information

Women's Leadership: Who Says Women Can't Lead?

At times, women find the challenge of asserting themselves and balancing their responsibilities as homemakers and career leaders overwhelming. Learn, as a leading woman how to:

- Identify your unique leadership power and own and accentuate it
- Become comfortable with your leadership ability
- Find your personal voice and expression and make a difference

Work-Life Balance: How to Have It All

Are you struggling with the demands of home and pressures of work? Learn creative and constructive ways to fulfill your personal needs and professional goals. This practical workshop will empower you to maintain and enjoy a healthy work-life balance. By understanding the Seven Facets of Life called Gates, you will learn to create a comprehensive and holistic discipline that keeps your mind, body, and spirit in balance. This practice generates your ability to achieve your goals.

The Power of Creative Expression

Creativity is the expression of the universal power through us. This workshop uses creative games, writing, music, movement, art making, and sound to facilitate and strengthen creative abilities and free expression, allowing participants to explore and enjoy their spontaneous expression and playfulness.