



All lasting change begins from within...

Peggy Koelliker, Energy Health and Wellness Coach and founder of The Healing Connection, provides simple, cutting-edge strategies to help you increase the overall quality of your professional and personal life.

The Healing Connection's services help individuals:

- **Increase self-confidence and personal power**
- **Experience greater focus and energy**
- **Build positive, solid relationships**
- **Manage day-to-day stress**
- **Create a healthier work environment**
- **Relax easily and effectively**

"Your professionalism and sincerity set a great example. Thank you for your encouragement and stretching me beyond my comfort zone. This was really needed. I'm looking forward to refining the techniques you presented and have mastered so well."

Bill G.

"Peggy's understanding, energy, and passion are infectious. Her professionalism and rapport-building skills benefit clients, colleagues, and the community at large."

**Carolyn Dickson, Founder
VoicePro Inc.**

■ ■ **Our Coaching and Wellness Services**

Through one-on-one coaching, group workshops and wellness programs, The Healing Connection offers three areas of skill sets – self-awareness, stress management and emotional freedom – to help you achieve your goals, increase your personal and professional satisfaction, and create a healthier, more enjoyable lifestyle.

■ ■ **What You Will Learn**

Self-Awareness. Self-awareness is the first step toward positive change. Learn to recognize and use the power of your thoughts, movement, and physiology to communicate more effectively, enhance your performance and strengthen those relationships that lead to fulfillment and success.

Stress Management. Relaxation is the foundation for energy, charisma, and effective communication. Reduce stress and improve your relationships by learning to relax your body, quiet your mind and balance your energies.

Emotional Freedom. All too often, our emotions color our thoughts and actions. Increase your self-confidence and personal power by learning to experience emotional freedom and "feel comfortable in your own skin."

■ ■ **How You Will Benefit**

- Greater focus and energy to achieve your goals
- Greater adaptability and flexibility in a changing environment
- Expanded creativity and enthusiasm
- Increased self-esteem and self-confidence
- Improved decision-making and relationship-building skills
- Heightened listening skills
- Enhanced job satisfaction

■ ■ **Self Reiki Meditation Through the Chakras MP3**

Give yourself a Reiki treatment the easy way!

Download today at www.healconnect.com, iTunes or Amazon. Sit back, relax and enjoy!

Peggy Koelliker became interested in the healing profession while working as a professional development coach, teaching communication skills to business executives. Through her clients, she discovered the importance of quieting the mind and listening to one's intuitive voice to become more effective on the job and at home.

As an Energy Health and Wellness Coach, Peggy guides individuals to connect with their heart, discover their inner strength and purpose, find that place of inner tranquility where wisdom resides and live from the truth of their own vision.

In the interest of physical health, she also teaches individuals how to release stress, support the body's self-healing mechanisms and balance the flow of energy in the body, so one feels better physically, thinks with greater clarity and experiences greater joy in everyday life.



EDUCATION/CERTIFICATIONS

- Eden Energy Medicine Advanced Practitioner – Donna Eden
- Emotional Freedom Techniques™, Level I – Gary Craig
- RoHun™ Master – Delphi University
- NLP Master – National Federation of NeuroLinguistic Psychology
- Usui/Karuna Reiki Master – St. Joseph Wellness Center/The Int'l Center for Reiki Training
- Clinical Hypnotherapist – The Wellness Institute
- Non-Directive Imagery Consultant – Ohio Academy of Holistic Health
- Emergency Hypnosis Instructor – National Guild of Hypnotists
- Reconnection Healing Practitioner – Eric Pearl
- Licensed Ordained Minister – State of Ohio
- B.B.A. – Cleveland State University, retired CPA

PROFESSIONAL AFFILIATIONS

- Member, Association for Comprehensive Energy Psychology (ACEP)
- Member, National Guild of Hypnotists
- Member, RoHun™ Professional Association
- Former Member and Program Director, Cleveland Estate Planning Council

PUBLIC RELATIONS

- Former Mid-West Regional Coordinator, Association for Comprehensive Energy Psychology

ARTICLES

- Wellness Inside/Out, "The Power of Energy Medicine." *CBC (Cleveland Business Connects) Magazine*, June, 2010: p. 14.
- "Using Complementary Energy Work and Traditional Therapy to Achieve Wellness – Colleen's Story." *International Online Journal for Healing and Caring*, September, 2007.

THE HEALING CONNECTION also provides a variety of private client services and workshops:

Private Client Services: Eden Energy Medicine, Emotional Freedom Techniques™, Reiki, RoHun™, Yhandi's Inner Light and Professional Development Coaching.

Workshops: Reiki, Eden Energy Medicine, Inner Sanctuary Training, Stress Management and Customized Wellness Programs