



# spatimeliving

FRAZZLED TO FABULOUS ...

**MASTERING THE ART OF GUILT-FREE,  
NON-NEGOTIABLE SELF-CARE.**

## WHAT IS SPA TIME LIVING?

SPA TIME IS A HOLISTIC MOVEMENT TO HELP BUSY INDIVIDUALS AND TEAMS WORLDWIDE LOWER STRESS WHILE OPTIMIZING ENERGY, HEALTH AND PRODUCTIVITY. ALL PROGRAMS ARE DESIGNED TO GET HEALTHY LIVING ON AUTOPILOT. TO HELP THE OVERWHELMED NAVIGATE DISTRACTION AND STRESS + STILL THRIVE WITH PASSION, CLARITY, AND PURPOSE AS CHIEF ENERGY OFFICERS OF LIFE. VIRTUAL AND IN-PERSON COURSES AVAILABLE.

## PAMPER PACKAGES

FROM PERSONALIZED MENTORING PROGRAMS TO VIRTUAL AND LIVE RETREATS – SPA TIME LIVING’S PROGRAMS HELP CLIENTS ESCAPE STRESS TO CREATE HEALTHY, HAPPY, BALANCED & PURPOSEFUL LIVES.

- CHAOS CLEANSE LIVE VIRTUAL RETREATS –SIMPLE AND EASY – AND 100% VIRTUAL. GIVING CLIENTS SUPPORT, COMMUNITY AND EFFECTIVE TOOLS TO CLEAR STRESS QUICKLY AND GET MORE DONE.
- CHAOS CLEANSE ECOURSE – RENEW & RE-ENERGIZE MIND, BODY & SOUL. THE SELF- GUIDED SYSTEM TO DE-STRESS, REENERGIZE & OPTIMIZE.
- PRIVATE MENTORING PROGRAM – SOUL-NOURISHING SUPPORT AND ACCOUNTABILITY TO OPTIMIZE YOUR HEALTH, ENERGY, RESILIENCE AND PRODUCTIVITY. GET MORE DONE AND HAVE FUN!
- CORPORATE & GROUP PROGRAMS – HELP CORPORATE TEAMS THRIVE BY OPTIMIZING ENERGY, FOCUS, MOTIVATION AND PRODUCTIVITY.

## MEET FOUNDER SHARI BEAUDETTE MBA. SELF-CARE STRATEGIST, BUSY MOM. AUTHOR.

SHARI UNDERSTANDS THE DAILY JUGGLING ACT OF WORK-LIFE-FAMILY BALANCE, AND HAS BEEN TESTED THROUGHOUT HER JOURNEY AS SHE LEARNED TO BUILD A HEALTHY FOUNDATION FROM WHICH TO SERVE. AS FOUNDER OF SPA TIME LIVING, SHE’S ON A MISSION TO SUPPORT “THE GIVERS “ OF THE WORLD WITH HER EXPERTISE, EXPERIENCE AND EMPATHY.

## THE FACTS ABOUT SHARI :

- Author of the forthcoming book: Life Lessons Learned from Laundry: 10 Mindful Living Habits to Cleanse the Chaos When Life & Laundry Keep Piling Up.
- BS Exercise & Sports Science: Colorado State Univ.
- MBA: Organizational Development: Portland State University
- Consultant, educator, and trainer in the fitness industry: helping clients create healthy habits around fitness & health
- Project for NIKE's Global Management Development & Learning Department, evaluating consultant use for training and development
- Cofounded and grew a construction start-up into an award-winning remodeling company
- Completed 8-week 200 hour Yoga teacher training through CorePower + yoga sculpt certification.

## STAY CONNECTED



[FACEBOOK.COM/SPATIMELIVING](https://www.facebook.com/spatimeliving)



[@SPATIMELIVING](https://twitter.com/spatimeliving)



[PINTEREST.COM/SPATIMELIVING](https://www.pinterest.com/spatimeliving)

## SHARI'S MESSAGE TO YOU

OF COURSE ALL MY PASSIONS FOR HEALTH, WELLNESS, ORGANIZATIONAL & PERSONAL DEVELOPMENT WERE SERIOUSLY COMPROMISED WHEN I BECAME A MOM IN 2004, WITH THE BIRTH OF OUR SON. FROM STARTING UP A NEW COMPANY IN EARLY 05, TO EXPERIENCING TWO HEARTBREAKING MISCARRIAGES, I LEARNED FIRST-HAND THE CHALLENGES OF BALANCE AND PRIORITIZING, WHILE TRYING TO RAISE OUR SON, ATTEND TO A NEW BUSINESS AND GRIEVE OUR LOSSES.

IN MAY 2006, JUST 5 WEEKS AFTER FINDING OUT I WAS PREGNANT FOR THE 4TH TIME...I STARTED HAVING COMPLICATIONS AGAIN. AFTER WEEKLY (SOMETIMES DAILY) SCARES AND VISITS TO THE OB AND ER, I WAS PUT ON BED REST AT JUST 15 WEEKS AND ADMITTED TO THE HOSPITAL AT 23 WEEKS. 100DAYS OF BED REST LATER (SERIOUS NIGHTMARE FOR A CONTROL FREAK!), OUR BABY GIRL WAS BORN 2 MONTHS EARLY.

JUST WHEN WE THOUGHT WE WERE OUT OF THE WOODS, OUR LITTLE ONE WAS DIAGNOSED WITH A RARE LUNG DISEASE AND ADMITTED TO CHILDREN'S HOSPITAL. AFTER A LONG SCARY JOURNEY, SHE OUTGREW HER DISEASE AND I COULD FINALLY LET GO. BREATHE. STOP BEING SO STRONG AND HOLDING IT TOGETHER FOR EVERYONE...AND TAKE A BIT OF TIME FOR ME.

THIS JOURNEY ALSO FORCED ME TO PROCESS OLD CHILDHOOD WOUNDS OF LOSING MY MOTHER TO SEVERE MENTAL ILLNESS WHEN I WAS JUST A BABY.

AS I STRUGGLED TO REBUILD ME AND ADAPT TO MY NEW REALITIES, I KNEW THEN AND THERE THAT HELPING OTHERS THROUGH THIS ROLE/RESPONSIBILITY JUGGLING JOURNEY WOULD ULTIMATELY BE MY MISSION... AND SO I CONTINUE TO LISTEN, LEARN, GROW & SHARE – TO HELP YOU ALONG YOUR OWN JOURNEY TO INTEGRATE WELLNESS AND PRODUCTIVITY.

I'M HERE TO SHIFT PERSPECTIVES. IT'S NOT "EITHER, OR" BUT "BOTH, AND." THE KEY IS TO AUTHENTICALLY KNOW WHAT IT IS THAT RENEWS AND RESTORES YOU, AND WHY? WHAT IS WELLNESS TO YOU? WHAT MAKES YOU FEEL ALIVE AND ENERGIZED? WHAT ENABLES YOU TO BE YOUR BEST AND BRING YOUR GOD-GIVEN GIFTS TO THE WORLD?

I WILL TEACH YOU TO RECOGNIZE, HONOR AND INCORPORATE THESE ESSENTIAL GIFTS OF AUTHENTIC SELF-CARE INTO YOUR DAILY LIFE AND DAILY HABITS – SO YOU CAN JUGGLE IT ALL WITHOUT DROPPING THE "GLASS" BALLS.

SO, AS YOU PRACTICE YOUR JUGGLING ACT, BE SURE TO JOIN THE WEEKLY RETREAT TO GET YOUR FREE **HEALTHY & HAPPY FOR LIFE** TIPS & RESOURCES. LOOK FORWARD TO SUPPORTING YOUR JOURNEY!

SENDING LIGHT & LOVE, SHARI

[www.SpaTimeLiving.com](http://www.SpaTimeLiving.com)

Connect:  [Facebook.com/SpaTimeLiving](https://www.facebook.com/SpaTimeLiving)  [@SpaTimeLiving](https://twitter.com/SpaTimeLiving)  [Pinterest.com/SpaTimeLiving](https://www.pinterest.com/SpaTimeLiving)

## FEATURED IN

**IDEAMENSCH.COM/SHARI-BEAUDETTE** – “SAY YES TO OPPORTUNITIES THAT ALIGN WITH YOUR VISION AND PURPOSE. IF THE PASSION IS THERE, THE “HOW” WILL FALL INTO PLACE AS LONG AS YOU DO THE WORK.”

**MEGAPPLEBY.COM/STRATEGIZE-AND-SYSTEMATIZE-YOUR-SELF-CARE-BEFORE-THE-DAMAGE** - THE NEED FOR YOUR TIME + ATTENTION KEEPS INCREASING. YOUR ABILITY + ENERGY TO HANDLE IT ALL WILL KEEP DECREASING ... UNLESS YOU STOP TO REPLENISH!

**MOPS SPEAKER** GREENWOOD COMMUNITY CHURCH, PARKER PEPC

## TESTIMONIALS

Before taking Shari's program, I was feeling overwhelmed by my to-do list, and not prioritizing what's truly important to me. I'm now able to look at overwhelm in a whole new way. It wasn't time consuming at all and Shari was so supportive. My biggest wonder was "why didn't I do this sooner?!" **Heidi R. - Dumfries, VA**

Shari is a wonderful motivator who understands the juggling act we all face. Her course was well designed and gave me valuable tools and insights to move from overwhelm to success in many areas. I feel very grateful to have participated. **Lisa B. - Morrison, CO.**

I took the Chaos Cleanse program because I really wanted to follow through with the things I promised myself I would follow through on. I LOVED Shari's calm voice during the modules and how she was very much a part of the growth process with us. The program held me accountable and helped me hold myself accountable as well. I'm so much more consistent now with follow through on those things I promised myself. **Sharon B. - NYC, NY.**

If you are overwhelmed and don't know where to begin to change your habits or productivity, you won't find a more accessible, supportive, manageable approach. I've already seen a dramatic improvement in my productivity! (Awe.some.!) **Natanya L. - South Burlington, VT.**

Working with Shari has been a wonderful experience. She is supportive in such a sincere way that motivates you to make the changes you want to see in your life. I also love the support from the other participants in the group forum. I will continue to use the skills I learned through Shari's program anytime I need some help committing to making changes. – **Jessica W., Boise, ID**

[www.SpaTimeLiving.com](http://www.SpaTimeLiving.com)

Connect:  [Facebook.com/SpaTimeLiving](https://www.facebook.com/SpaTimeLiving)  [@SpaTimeLiving](https://twitter.com/SpaTimeLiving)  [Pinterest.com/SpaTimeLiving](https://www.pinterest.com/SpaTimeLiving)