

STRESS TO SUCCESS



A Self-Care Track



COMPLETE SOLUTIONS FOR SELF-CARE CONVENTIONS | CONFERENCES | RETREATS

Add Value— Implement A Self-Care Track

Conference attendees become lethargic, unfocused and stressed from information overload, full schedules, and worrying about family and work. Self-Care options foster focus, well-being, productivity, and results. Be a Self-Care Leader and watch your evaluation scores skyrocket!

For Event Planners

We work directly with Event Planners to design and implement your ultimate Self-Care Solution, while supporting your Staff and Attendees on-site and back home.

About Soleil Hepner — Stress To Success CEO

Merging 20 years as a High-Tech Project Manager with 12 years as a Wellness Expert, Soleil is uniquely accomplished in Design, Implementation and Presentation. As needed, Soleil partners with exceptional professionals in Self-Care & Wellness.

“Working with Soleil to develop our program has been amazing. She is a keen observer while on-site and always comes up with a ton of new ideas for our next year.” —Teresa Eyet, Director Education Programs, AHCA/NCAL

SERVICES OFFERED

SPEAKERS BUREAU

Engaging Break-out Sessions for Inspiration, Focus, and Vitality

ON-SITE OFFERINGS

Quiet Rooms, Adventure Hikes, Yoga / Fitness, Massage. Private & Group Sessions available

BACK-AT-WORK TOOLS

Pop-up Stretch Break Videos, Relaxation & Focusing Podcasts, Wellness Gift Sets

TRACK MARKETING & MANAGEMENT

Design, Promotion, Implementation, Strategic Planning, Staff Support



Soleil Hepner
The Self-Care Expert

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