

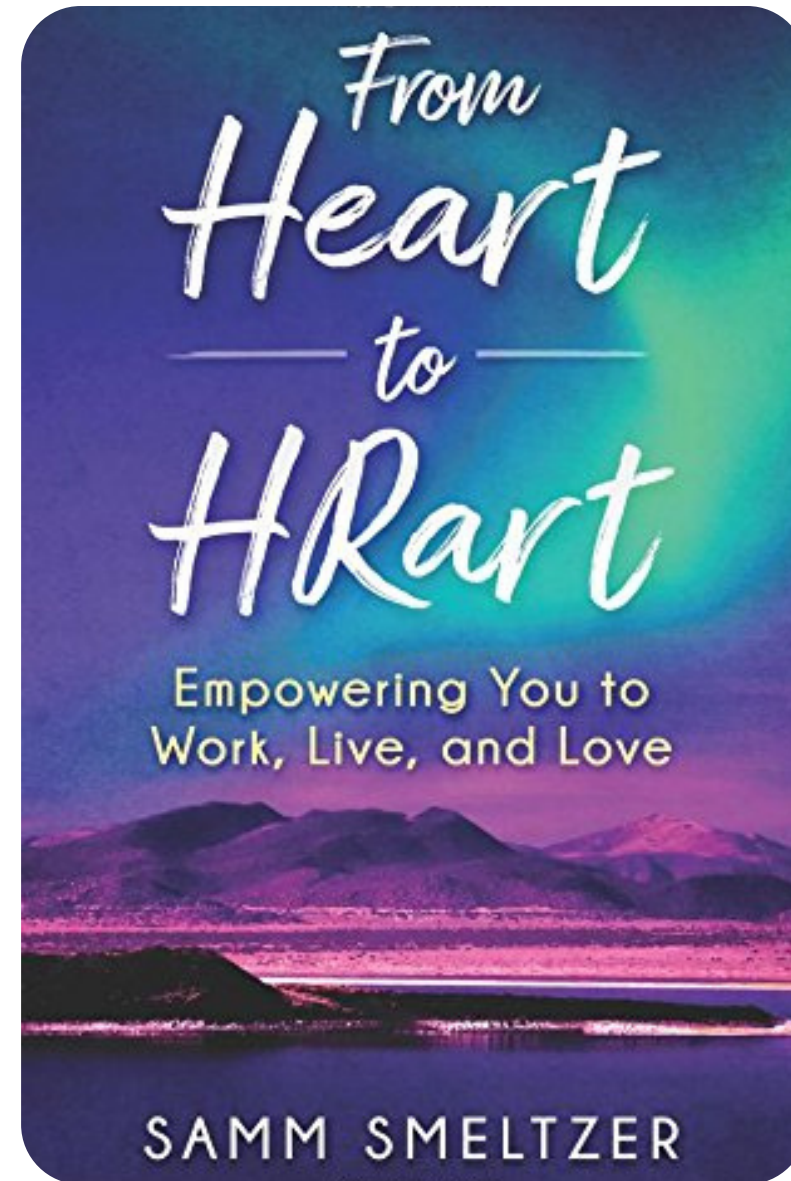
WORKPLACE HEALERS



Presented By:
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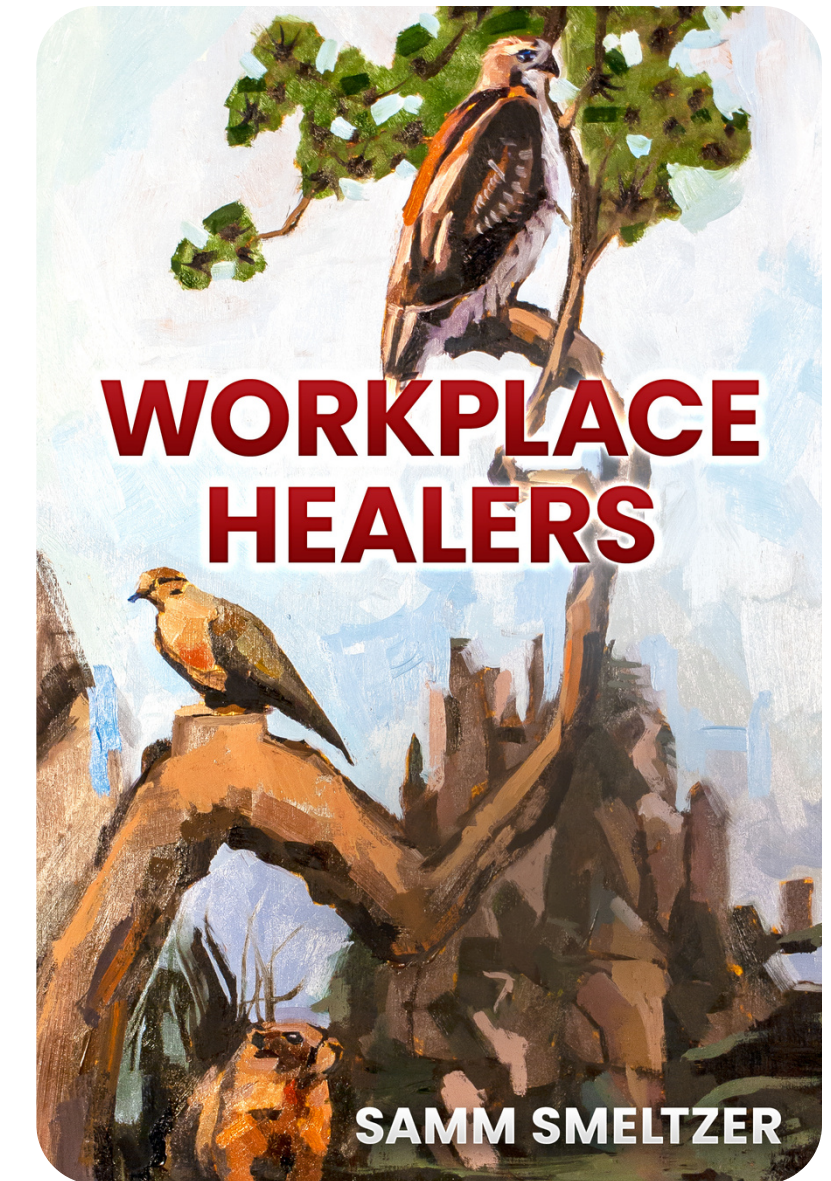
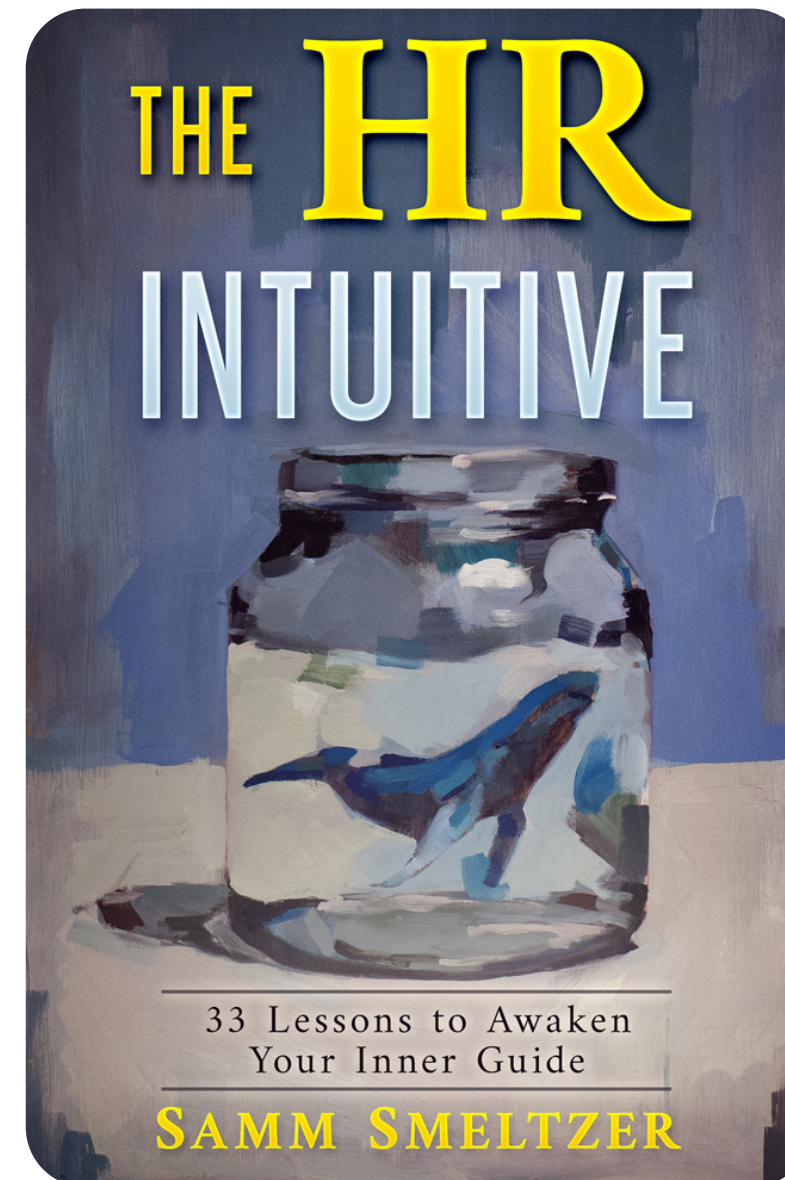
Nearly a Decade Later

From Engagement
to Balance



I learned that aspects of spiritual exploration were effective when working with individuals regarding their sense of purpose.

My eyes were open to the world of energetic anatomy and dynamics. I also was given the structure to finally make sense of my sensitivities as a child.



My work and research has accumulated into the following belief...



WORKPLACE HEALERS

SAMM SMELTZER

Workplaces that prioritize healing employee capacity and balance will experience higher cultural engagement and organizational loyalty.

Healing = HR Practices and Systems that restore and respect an individual's energy.

Energy Elements Process Map



The Path of Resistance

Our Challenges with Implementing Workplace Healing



A Divide for Too Long

**Too Tired
Too Numb**



A New Kind of Discomfort



I Like Me Because...

1-Minute Introductions

RATE YOUR ENERGY

1

2

3

4

5

6

7

8

9

10

NEEDS
WORK

FEELIN
GOOD

Your Physical Frequency

- 01.** I generally like the energy and climate of where I live.
- 02.** I sleep well throughout the whole night and wake rested in the morning.
- 03.** I only eat when I am hungry and do not eat more than I need to. I avoid excessive sugar, fried, fatty, and processed foods.
- 04.** I drink an adequate amount of filtered water for my weight.
- 05.** I consider where I currently live and where I grew up to be generally pollutant or toxic free, this includes the products I use.

Your Emotional Frequency

- 01.** I feel self confident and experience positive loving feelings about myself.
- 02.** My feelings of confidence are not based on external factors.
- 03.** The following emotions are not frequently excessive:
Angry or Easily Frustrated, Panicked or Overwhelmed,
Sadness, Depression, Scared or Fearful, Nervousness
- 04.** I don't need to have a reason in order to justify having emotions.
- 05.** I am comfortable with "negative" emotions.

Your Mental Frequency

01. I am able to easily concentrate on tasks as needed.

02. I am able to listen to others viewpoints and ideas.

03. The following thoughts are not frequently excessive:
Worry, Guilt, Shame, Self-Judgment, Blaming or Judging
Others, Hopelessness, Pessimism or Negative Thinking

04. I understand how previous circumstances contributed to
where I am now.

05. I use my feelings and intuition to help guide my decision making.

Your Relationship Frequency

01. I feel supported by others.

02. It is easy for me to be emotionally close to others.

03. I have healthy relationships with my friends and family.

04. I am able to forgive people who have hurt me.

05. I have people in my life that I am able to discuss the anxieties, uncertainties, fears, losses and sadness that we all experience.

Your Self Expression Frequency

01. I am able to express my needs or what I truly want.

02. I am able to express my authentic feelings to others.

03. I feel easily able to say "no" when I don't want to do something.

04. I am engaged in a profession that I enjoy.

05. I believe things happen for a greater purpose.

Your Spiritual Frequency

01. I have spiritual beliefs that help me cope with stress.

02. I give myself regular time to allow for spiritual connection or mediation.

03. I can see perfection even when things are imperfect.

04. I believe I have a greater purpose in life that is continually unfolding.

05. I experience unconditional love for all beings.



Reflection:

How Do You Feel?



Reflection:

What Do You Need?



**WHAT DO
YOU HAVE?**

Thank You!

Get Connected With Us



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