



GOT STRESS? FEELING DOWN?

RE-BOOT CAMP

Invest in your employees with Lois Tobin, RN MSN NP for her enlightening, revitalizing, and transformational Lunch & Learns series. These mini workshops incorporate the latest in science-backed techniques to increase calm, well-being and productivity.

CORPORATE CUSTOMIZED

Stay Calm in Any Storm
Taming Technology
Mindful Leadership
Cultivate Confidence & Creativity

MEDICAL CUSTOMIZED

Preventing Burnout
Stay Calm in Any Storm
Mindfulness in Medicine
Building Happy Teams

Featuring wellness techniques and practical take away tools rooted in neuroscience that help reduce stress and anxiety, and enhance well-being.



Lois is a dynamic and engaging speaker on integrative approaches to increase wellness in medical, academic and corporate settings. Her programs combine her medical acumen with holistic perspectives and extensive background in transformational wellness and therapeutic practices that align spirit-mind-body.



lois tobin, RN, NP-BC
conscious care | holistic wellness

REDEFINING WELLNESS

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