



## Walk It Out FromWithin

*An integrative program to get your employees moving!*

*“A body in motion tends to stay in motion...and a mind in motion is unstoppable.”*

– Sir Isaac Newton, with the help of Amy Magyar

*Walk It Out FromWithin* combines walking with coached conversations to assist your employees in bringing more authenticity and energy to their work environment. “Walking out” problems is likely working them out, and in a way that benefits both the mind and body.

*Walk It Out FromWithin* is for those employees who want to experience coaching support while enjoying the benefits of the outdoors. Your company program can be tailored for a specific team or for a lunch and learn group.

Members of your group will:

- Have real time access to professional coaching support and feedback
- Walk out barriers to achieving personal and professional goals
- Gain clarity of direction and improve confidence
- Learn to navigate a life event or significant change

In addition to the group walk and talk, this program includes 4-6 one-on-one Performance Coaching sessions designed to work on an individual level to provide accountability and zap the excuse list.

If you have a team that will benefit from this integrated mind-body approach, or if you want to create a specific group offering for your company, please contact us to customize your version of *Walk It Out FromWithin* that works for you.



### **Amy Magyar, Performance Coach, CCVC**

Amy is a certified Performance Coach, member of the International Coach Federation, a Coachville graduate, and a previous student of the Coaching Center of Vermont’s leadership and coaching program at Burton Snowboards.

Owner of FromWithin Coaching, a knowledge conglomerate based in Vermont, Amy is a firm believer in getting outside and playing. She works with both professional and amateur athletes who are seeking their “core” and with those who are looking to bring athletic movement into their life to reduce the outside stress that steals their energy.

**Phone: 802-654-8787**

**Email: [amy@coachingcenterofvt.com](mailto:amy@coachingcenterofvt.com)**

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

802-654-8787 or toll free: 877-619-2814

76 Pearl Street, Suite 204  
Essex Junction, VT 05452

**Length and pricing of program can be tailored to your organization’s needs.**