



For more information, inquiries, or to join our community, please visit our **website at www.life-changingevents.com** or **contact us at lifechangingeventstf@gmail.com** or **720-550-8650**.

Follow us on social media for updates and inspiration. Together, let's embark on a journey of transformation and empowerment.

Life Changing Events - Empowering You to Thrive.



MISSION

At Life Changing Events, our mission is multi-faceted. We offer comprehensive support, coaching, and empowerment across various domains, including training, mentoring, and facilitation. Our goal is to assist individuals, teams, organizations, and institutions in realizing their full potential and making a significant impact. We are dedicated to minimizing recidivism, addressing mental health concerns, and fostering career development to create a more resilient and thriving community.



***Finding
Your
Purpose***

Demetra L. Warrior

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VISION

We envision a global community where individuals thrive in all aspects of wellness. Through a DIY (do it yourself) approach, we aim to empower individuals in spiritual, social, emotional, intellectual (mental health), physical, financial, occupational, and environmental wellness, fostering success and productivity.

PURPOSE

OUR PURPOSE IS CLEAR: TO EQUIP INDIVIDUALS AND ORGANIZATIONS WITH THE NECESSARY TOOLS AND RESOURCES TO CULTIVATE HEALTHY BEHAVIORS AND ENHANCE THEIR QUALITY OF LIFE. THROUGH CLASSES AND EVENTS, WE PROVIDE EDUCATION AND SUPPORT IN MENTAL HEALTH, SOCIAL SKILLS, OCCUPATIONAL LONGEVITY, AND EMOTIONAL WELL-BEING, FOSTERING A SENSE OF PURPOSE AND PRODUCTIVITY.



HOLISTIC PILLARS

- **SPIRITUAL:** NURTURING INNER GROWTH AND CONNECTION.
- **SOCIAL:** FOSTERING MEANINGFUL RELATIONSHIPS AND COMMUNITY ENGAGEMENT.
- **EMOTIONAL (MENTAL HEALTH):** PROVIDING SUPPORT AND RESOURCES FOR EMOTIONAL WELL-BEING.
- **INTELLECTUAL (MENTAL HEALTH):** PROMOTING MENTAL WELLNESS AND COGNITIVE DEVELOPMENT.
- **PHYSICAL:** ENCOURAGING HEALTHY HABITS AND ACTIVE LIFESTYLES.
- **FINANCIAL:** OFFERING GUIDANCE FOR FINANCIAL STABILITY AND PROSPERITY.
- **OCCUPATIONAL:** SUPPORTING CAREER GROWTH AND FULFILLMENT.
- **ENVIRONMENTAL:** ADVOCATING FOR A SUSTAINABLE AND HARMONIOUS ENVIRONMENT.

OUR APPROACH

TO FOSTER TRUST AND EMPOWERMENT, WE BELIEVE IN A DIY (DO IT YOURSELF) PHILOSOPHY. WE PROVIDE INDIVIDUALS WITH THE NECESSARY CURRICULUM, TOOLS, AND METHODS TO APPLY THEIR EDUCATION EFFECTIVELY. OUR APPROACH EMPHASIZES PERSONAL ACCOUNTABILITY AND GROWTH, ENCOURAGING INDIVIDUALS TO TAKE OWNERSHIP OF THEIR JOURNEY TOWARDS HOLISTIC WELLNESS.