

SUSTAINABLE SERENITY

Remaining Productive While Centering Wellness



*“All that you touch, you change
All that you change, changes
you. The only lasting truth
is change.”*



Octavia Butler

Sustainable Serenity Remaining Productive While Centering Wellness

Frustrated by life's changes? Guided by Octavia Butler's insight that change is both inevitable and transformative, this workshop reveals how sustainable serenity and productivity emerge through centering your wellness and building reliable systems of support and accountability amid life's constant changes.

Created for both academic communities and general audiences, **Sustainable Serenity** offers a practical pathway to sustainable serenity, resilience amid change, and enhanced productivity.



Pinpoint areas for growth using holistic wellness assessments



Create rituals rooted in your Traditions



Access reservoirs of hope and optimism through Ancestral Wisdom

FORMATS OFFERED



Virtual Workshop
[90mins]



Half-Day Workshop
[3hrs]



Full-Day Workshop
[6hrs]

CONTACT US



General Questions:
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Need to talk it through?
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Book Today?
www.angeliquemdavis.com