

35<sup>TH</sup> Annual National Wellness Conference  
“Wellness Solutions that Work NOW: Best Outcomes Through Innovation, Caring, and Collaboration”  
University of Wisconsin-Stevens Point, July 17-22, 2010

## Online Proposals

### LEAD PRESENTER

**Name:** Leo Booth, Mth, CADC, CEDS,  
**Title:** Owner  
**Organization:** Spiritual Concepts  
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### Comprehensive List of Conference Presentations for LEAD Presenter:

National Wellness Institute - 2003 Conference

#### Presentation Title:

Say Yes to Your Spirit - Enhancing your personal Growth

**Track:** Mind-Body Wellness

**Program Level:** intermediate

**Target Audience:** Health Care Professionals

**Program Type:** Breakout Session

### Have you presented or are you planning to present this program at other wellness-related conferences?

I have several presentations that I use however, the presentation I am submitting is specifically designed for enhancing wellness topics with conferences such as yours.

#### Abstract:

“Say Yes to Your Spirit” discusses the powerful topic of co-creation; the idea that each person works with God or Higher Power to create a healthy and productive life regardless of your religious background. Everybody faces challenges in their lives but Rev. Leo talks about a ‘religious co-dependency’ that seems to expect God to fix or deliver health and success. In this workshop, an emphasis is placed upon recognizing certain divine elements in our lives so that we can become positive and creative human beings. We also explore the power of miracle and how it is manifested by our committed involvement.

#### Measurable Objectives:

Embrace the concept of a God within each of us, and waiting to be demonstrated in our lives.  
Discuss a complete understanding of spirituality that celebrates the divine presence within us.  
Outline a clear program that promotes healing and healthy relationships.  
Affirming an inclusive understanding of spirituality, through a healthy body, mind and spirit. This workshop will help us face the challenges ranging from low self-esteem, depression and addictive behaviors to name a few.

#### Program Outline:

My definition of spirituality is being a positive and creative human being. Recovery and healing involves planning, structure, and disciplined commitment to wellness. “I cannot emphasize enough, from my personal experience, how important it is to work on the issues and baggage that keep us feeling powerless and make our lives miserable.”

In this lecture/workshop, participants will learn the process to saying, “YES!” to your spirit. Learn how to enhance their personal growth through spirituality, wellness and living their dreams through co-creation.

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**Program Bibliography:**

Based upon my book, "Say Yes to Your Spirit - A personal Journey for Developing Spirituality, Recovery and Healing"

**Program Relevance to Conference Theme:**

"Wellness Solutions That Work Now: Best Outcomes Through Innovation, Caring, and Collaboration"

Spirituality is an essential ingredient of well being. We all have it but we need to work at polishing it in order to help us and others realize their full potential.