



Optimum Evolution™

Cultivating Wellness, Development & Success

Newsletter June 2010

Welcome to the Optimum Evolution™ (OE™) Newsletter.

To begin with let me tell you a little about OE™: Optimum Evolution™ is a thriving EFT and Life Coaching practice founded by Helen P Bressler to aid individuals improve health & relationships, unleash potential and achieve dreams.

As OE™ continues to grow, Helen remains dedicated to helping individuals live a healthy and happy life full of possibility. With EFT, Helen is renowned for swiftly getting to and resolving core issues, behavior patterns and limiting self-belief. This is vital as these aspects are often the cause of stress, trauma, addiction and many ailments. They are also often the cause of feeling 'stuck' or unable to achieve the success one desires. As a life coach Helen helps people clarify goals, take effective action and optimize self-belief to realize their dreams. She uses transferable skills to enhance both elements of her practice.

Now what about that word 'Wellness' that we hear so much about. I guess it starts with 'health'; the state once thought of as merely the absence of both mental and physical disease.

However, the 21st Century has seen the term *Wellness* being increasingly used. And these days many desire not just health, but *wellness*. So what is it?

In short, wellness is often considered a symbiotic partnership of disease absence and lifestyle choices which favor good health.

This can mean exercise, nutrition, favorable coping skills to deal with stress, emotional health and habits which favor health such as not smoking and alcohol only in moderation.

At Optimum Evolution™ we agree with the above comments but would also like to consider a more expansive and responsible definition of wellness.

Wellness to us is all the above *plus* such important aspects as: fulfilling relationships, financial health, freedom from limiting beliefs, confidence, a sense of self-efficacy, a sense of purpose, self acceptance, personal growth, a sense of connection with Divine purpose, freedom from addiction and addictive behavior, freedom from physical & emotional pain, sense of self achievement, freedom from trauma, ability to set goals and achieve them, experience of success, a sense of inner peace.

When thinking about the above list (which is not exhaustive) it becomes evident that wellness is personalized. And ultimately what is important to one individual will be different to another....



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And it changes over time too.....

So at Optimum Evolution, the goal is to:

- 1) reduce physical/emotional discomfort or discontentment
- 2) increase success/achievement
- 3) help you to discover your true potential

Therefore our services range from addressing health issues, addiction, trauma and more; to helping you achieve success and create the life you dream of.....

You may even get a little surprised about the truth of your limitlessness along the way.....

So what's new for this quarter?

We're happy to announce that we have started supplying a growing number of self help books and DVDS. These are available through our website www.optimumevolution.com.

We're also ecstatic to announce that Helen will be holding a one day workshop on Oahu, Hawaii (in Kaimuki). See below:

Women Getting Results 101



This exciting workshop incorporates life coaching with EFT and includes the following:

How to discover if your needs are truly being met, if not why not and what to do about it.

How to discover what you really want and how to get there; what's stopping you and what to do about it.

Hang onto your hats girls - this is going to be a powerful day.

Details coming very soon.....see website, call or email Helen for details (1-702-234-6337, optimumevolution@gmail.com).

(And don't worry guys - you'll have your very own day too).

Mahalo,

*Helen RN, BSc (hons), EFT Cert-I, CPC
Founder of Optimum Evolution™*

-DARE TO THRIVE-