



Strengthen, renew,  
and transform  
yourself

## Our Beliefs

- ✿ Success begins with healthy habits
- ✿ Curiosity overcomes fear
- ✿ You are defined by what you do, not what you hope to do
- ✿ You don't have to choose between self and others; instead ask, "What's best for us?"

Black Lotus's success is rooted in helping clients optimize their personal and professional lives and the effectiveness of their organizations.

Our tailored solutions help enterprise leaders better manage people, processes, technology, and investments with a view to bolstering the bottom line.

We start by building a foundation of energy and wellness which creates keystone habits for follow-on success.

Change your  
Habits,  
change your  
Life

Tailored plans and  
programs available

(703) 342-2067

[www.4blacklotus.com](http://www.4blacklotus.com)

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 **Black Lotus**  
*Coaching*

- Life
- Career
- Leadership
- Wellness & Health

[www.4blacklotus.com](http://www.4blacklotus.com)





## Programs\*

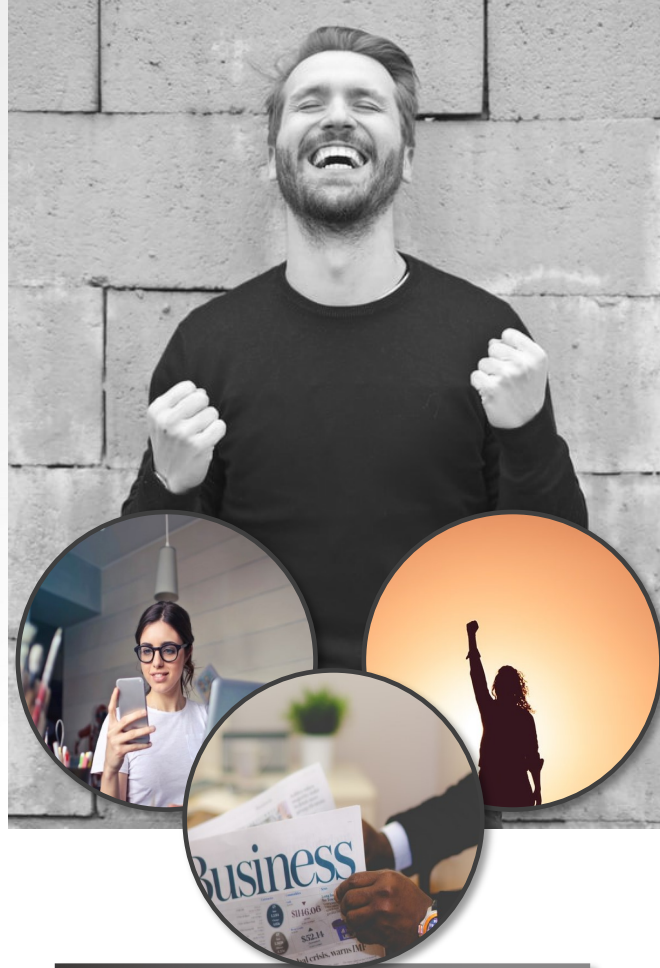
90  
Days

- ✿ Life Leadership Transformation
- ✿ Personal Health & Well-being
- ✿ High Energy & Weight Control

21  
Days

- ✿ Whole Foods Cleanse (Individual)
- ✿ Community Cleanse (Organization)
- ✿ Leadership Essentials
- ✿ Wellbeing Baseline Tune-Up

\*see our website for latest pricing and discounts:  
[www.4blacklotus.com/store](http://www.4blacklotus.com/store)



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programs available

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## Invest in your personal and professional development

### Leadership Coaching

- ✿ Leadership presence & influence
- ✿ Career advancement & transition
- ✿ Time management & work-life balance
- ✿ Resource & risk management
- ✿ Stress management & resilience
- ✿ Personal & organizational health

### Life & Wellness Coaching

- ✿ Increased energy, strength, & focus
- ✿ Weight control
- ✿ Stress management
- ✿ Improved moods & emotional balance
- ✿ More fulfilling relationships
- ✿ Clarity in purpose & life goals