

Get innergized with

Ruth Anne Plourde

“Wow! You were amazingly outstanding... your ability to energize them and then calm them into a hypnotic peace is awesome.”

Janie Jasin, CSP
National Speakers Association
Author of “The Littlest Christmas Tree”

Created Just for You

“Although we are a technical group, you were able to engage and connect with your audience with ease. Your customized combination of lecture and participatory exercises were very well received.”

Lesa Kennedy, Conference Chair
MN Telecommunications Association

Inspiring Keynotes

“When I book a keynote speaker I always hope that they will inspire, educate or motivate. You did all three. You touched the participants far beyond my expectations!”

Deb Fluharty, Manager,
Education & Training -Buffalo Hospital

Innergizing Retreats

“You were a huge hit! This is the third time I’ve been involved in planning a management retreat using your talents... I couldn’t be happier with the results we achieved. We are a closer, less stressed team because of our days with you at Grandview. Thank you!”

Mary Lou Long, Vice President,
Deli Merchandising-Rainbow Foods

Rejuvenating Seminars / Workshops

“... a group of stressed engineers, where the right brain is rarely visited, you worked wonders at getting the entire group to relax...”

James E. Doubles, CEO/ Chairman
TSI Incorporated

And start enjoying the financial rewards that employee wellness and life balancing can bring to your company.

Satisfied Clients Include

Abbott Northwestern Hospital
Allina Health Systems
American Holistic Nurses Association
American Red Cross
Anoka Ramsey Community College
Association for Worksite Health Promotion
Association of Residential Resources in MN
Buffalo Hospital
Clemson University
College of St. Catherine
Fairview Rehabilitation Services
Hamline University
Lunds/Byerly's
Minneapolis Convention Center
Minnesota Department of Health
Minnesota Meetings & Events
Minnesota Telecommunications Association
National Wellness Institute
Normandale Community College
North Memorial Medical Center
Open U, Inc.
Park Nicollet Health Services
Rainbow Foods
Tires Plus
TSI Incorporated
United Hospital

An Experience to Remember

“You and your principles of balance and harmony are still a main topic of discussion at our management meetings. Thank you!”

James E. Doubles, CEO/Chairman,
TSI Inc.

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Create your own Innergize experience, by booking Ruth Anne today!

interactive speaker / workshop leader

Ruth Anne Plourde, MA

“Develop the inner resources of the individual and you develop the inner resources of the organization.”

– Ruth Anne Plourde

Visionary companies are now recognizing the importance of paying attention to the inner needs of the individual. A few of the rewards are increased productivity, employee retention and strengthening the bottom line. Ruth Anne innergizes the inner resources of the people within the organization by providing fun, dynamic, interactive programs that teach skills for success over stress, greater creativity and optimal health—resulting in greater development of the organization.

3 Reasons to Energize Your Organization & Employees with Innergize Programs:

Results, Results, Results

“... her program created a break through in our managers and directors lives. We have seen lifestyle changes occur. We highly recommend Ruth Anne and her program for anyone interested in self-reflection, rejuvenation and genuine fun.”

**Krag Swartz, Director
Training & Development
Lund Food Holdings, Inc.**

innergize
Energizing Inner Resources

She's Been There

A serious stress related illness and struggle for her own survival led Ruth Anne on a 20 year quest to personally understand the connection between stress, illness, mind and body. Her successful personal experiences, along with significant professional training will help your people reduce stress, work more creatively and be more focused and productive.

A Leader in the Field

Ruth Anne has researched both Eastern and Western approaches to getting well, staying well and living a balanced life.

Her research led to:

- A Master's Degree in Human Development and Holistic Health & Wellness.
- An Assistant Professorship in the Holistic Health Studies Program for the College of St. Catherine.
- Certification in Health and Wellness Counseling.
- Studying with internationally recognized masters of Chinese Internal Healing Arts
- Certifications in T'ai Chi, and Qigong.

**Discover
the multiple
rewards of having
Ruth Anne speak
to your group...**

952-431-6954

