

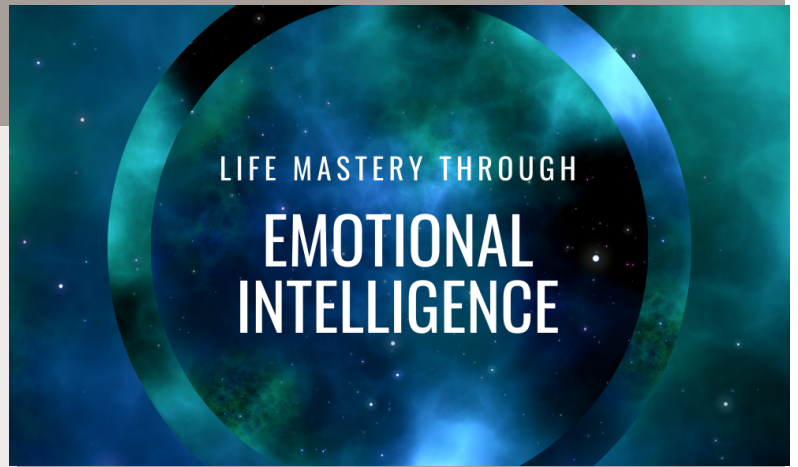
Are you managing your thoughts and emotions, or are they managing you?

We help people cultivate emotional and mental competencies to live a more peaceful, fulfilling life with stronger, more authentic relationships and improved performance.

Lisa Gruenloh is a certified emotional intelligence coach and positive intelligence coach with a passion for this life-changing work. Contact us to learn more about our transformational coaching and training programs.

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RUMINATE TO ILLUMINATE

MASTER YOUR THOUGHTS & EMOTIONS ONCE AND FOR ALL

**Lisa Gruenloh - 239.207.4572 - lisa@lisagruenloh.com
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- SUPERCHARGE YOUR IMPACT
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