

IGNITING LIFE-ENERGY FOR LIFE-ALTERING RESULTS!



ENERGY IN MOTION CONSULTING

IGNITING LIFE-ENERGY FOR LIFE-ALTERING RESULTS!
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TARON PURI

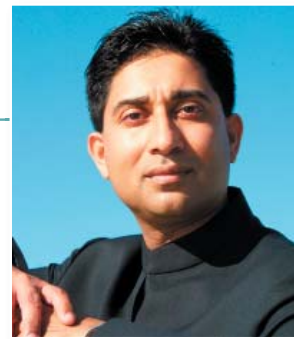
"There is an energy crisis in our world today. But unlike the one we hear about daily on the news, this one is more personal; to wit, our own life force energy. Ongoing stresses which deplete our energy levels leave us feeling personally devitalized and struggling to take care of everyday needs; and professionally, declining levels of productivity, performances as well as morale and job satisfaction are resulting in burn-out and increasing absenteeism. Left untreated, the bottom line is that our lives become a struggle as we attempt to cope with getting through the day in one piece!

Certainly the losses we incur as to our quality of life, as well as those within the business world, can directly affect our passion, purpose and ultimately, our ability to stand in our power and enjoy life fully!"

(Taron Puri)

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Index:

| | |
|---|----|
| Taron's Mission..... | 2 |
| Taron's Vision..... | 2 |
| Taron's Philosophy..... | 2 |
| Taron's Programs..... | 2 |
| The 4 Cornerstones of Successful Relationships..... | 3 |
| The Business of Building Successful Relationships..... | 4 |
| Sailing through Conflict..... | 5 |
| Manage your Energy, Not Your Stress!..... | 6 |
| Look Good, Feel Great..... | 7 |
| Getting Ahead through the Heart..... | 8 |
| Living the Abundant Life..... | 9 |
| The Fountain of Youth "Simple Secrets of Anti-Aging"..... | 10 |
| Relax and Renew through Meditation /Meditation Magic..... | 11 |
| Awaking the Fire within - More Breath, Less Stress..... | 12 |
| Are you Really Health-Wise?..... | 13 |
| Fundamentals of Energy Management Level 1..... | 14 |
| Value Added Programs..... | 15 |
| About Taron..... | 16 |

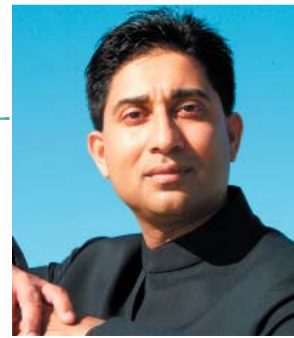
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Taron's Mission

To ignite passion, purpose and power for life-altering results by:

1. Educating and enriching individuals within organizations as to their strengths, untapped abilities and potential for being empowered to achieve all that they aspire to.
2. Identifying, challenging and ultimately transforming negative and damaging beliefs and attitudes which keep individuals from becoming fully empowered.
3. Developing leadership qualities through innovative, experiential and self-awareness based life-skills training and coaching programs.
4. Making change a positive experience!

Taron's Vision

That Organizations and Individuals worldwide grow and prosper measurably, enjoying increased success, fulfillment, joy, and meaning as they learn how to align practice with purpose.

Taron's Philosophy

We believe that 'happy people make productive employees!'

Imagine – employees who actually love their work and look forward to going to work each day because they feel genuinely cared about, valued, and appreciated as human beings!

The Challenge: When life challenges us and makes us feel stressed and unhappy, we lose vital energy which ultimately results in increased absenteeism, decreased morale and overall apathy and malaise within the working environment. The effects of this are devastating to the bottom line of an organization as despite increased benefits in the form of money, stock options and other perks, employers are not getting the critical 'buy-in' from their employees to ensure that goals and objectives are met.

The Solution: We know that organizations, beyond investing in 'what you do' which is what typical training does, must also invest in '**who you are**', for wherever you go, there you are! By genuinely caring about how an employee feels and why, as a person, and by offering training and coaching which fosters understanding about how to effectively manage these feelings and **align** them with stated goals, employers can regain the essential qualities of cooperation, loyalty and integrity from their employees.

Taron's Programs

In this document we have outlined Taron's workshop that can delivered in 2 hours to 2 days.

Choose what is right for you and your organisation

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"I was very happy with the session and your coaching. I had immediate results with relationships and all in the same week---I spoke up and took a authentic stand for myself---to drop pretending and speak straight from ME and MY HEART and be able to back myself up as me...thank you again for your vision, your commitment and for who you ARE in this life and world----you do make a extraordinary difference!!!"

(Roseanne Roda, Tucson Arizona)



1

The 4 Cornerstones of Successful Relationships

The success of every interaction depends on the quality and depth of the relationships established. Are you a powerful relationship builder? How would you like to build on your current skills and create stronger, better foundations? Learn the 4 Key Cornerstones of every successful relationship and get on the road to success and fulfillment.

Discover

- The 4 Cornerstones of every successful relationship
- How to reframe negative situations into positive ones
- How to become more Self-Aware and take accountability for how you relate to others
- Insights into creating powerful, enduring relationships

Benefits

- Enjoy more clarity, connection and happiness in all your interactions
- Decreased conflict due to more effective Communication ability
- Deeper, more meaningful relationships

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"Thanks Taron for your ability to shed light on complex issues and helping me to create my dreams. Your message is from the heart and the moments of inspiration have helped me to transform my life. The insights and support that you provided have moved me into the 'driver's seat' of my own life and I am now living the life I had always wished for!"

(Natashia Halikowski, IntuitionWorks, Calgary, AB)



2

The Business of Building Successful Relationships

Successful businesses understand the value of building and sustaining authentic, long-term relationships with their clients, as well as amongst their employees. From Sales to Customer Service, learn how you can take your business from good to great through effective relationship building!

Discover

- The 4 Cornerstones of every successful relationship
- How it is more about "who you are" versus "what you do"
- Specific Strategies for how to decrease workplace negativity

Benefits

- More productive and profitable results
- Better Employee Morale
- Improved Awareness of how your own behavior impacts the relationships at work

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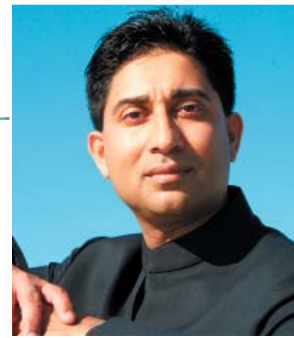
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"Taron, let me say a huge thank you for your inspirational, informative presentation on Saturday that so very obviously came from your heart and touched ours. You have a wonderful unique style that combines your wacky sense of humor, your extensive knowledge in the field of energetics and your professional stage presence.....and that voice!!!! The tiny bit of musical 'voice' you teased us left us wanting more."

(Linda Maul, Corporate Source Inc.)



3

Sailing through Conflict

If conflict in your life is getting you frustrated and costing you in lost productivity, morale or loyalty, then you need to hear Taron's highly effective approach to reframing conflict into an opportunity for growth.

Although conflict is a given, it does not have to be a negative! At the root of every conflict is a need that is not being met. Once you learn how to develop your awareness around the need, you can be well on your way to minimizing its negative impact on you and your clients.

Discover

- 4 Powerful Insights about effectively dealing with Conflict
- Specific strategies about how to reframe your thinking and create a winning attitude
- How to stop your mind from keeping you in conflict

Benefits

- Upon learning how to identify the root causes of a conflict, you become aware and empowered to change your approach to situations which are causes of conflict.
- Essentially, you learn both how to pro-actively avoid conflict, as well as learn from it when it does happen.

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Mr. Puri . . . I just wanted to comment that your “talk” was the best we have ever had at BLG. You truly have a gift to get your message across using humour and straight talk. The conversation around the water cooler later confirmed my thoughts - everyone enjoyed your speaking immensely and they were able to relate and can use, if not all, at least some of what you communicated. Thank you so much for taking the time to come to our firm (even though it created “conflict” in your life!). We really appreciated it.

(Connie Magnusson BLG, Calgary)



Manage your Energy, Not Your Stress!

If Stress Management worked, why are we still stressed? Instead, learn how to neutralize the negative effects of stress through Energy Management, an innovative and effective strategy which goes to the ‘Core’ of decreasing the impact of stress in our lives.

Too often, we deal with only symptoms and wonder why we do not achieve enduring results. If you allow Stress to get the best of you, then get the best of you back by learning how to work with your own life force to achieve optimum health and wellness at every level of your being.

Discover

- What is Energy and how it works
- How to negate the effects of Stress through Energy Management tools and techniques
- What are the 3 types of Management styles and which one is the most effective
- How to harness the power of your mind to change negative patterns into positive patterns and create a sense of overall wellness

Benefits

- Increased levels of personal energy and vitality
- Effective Handling of Stressful situations
- Improved clarity, focus and performance
- Enhanced feelings of personal empowerment

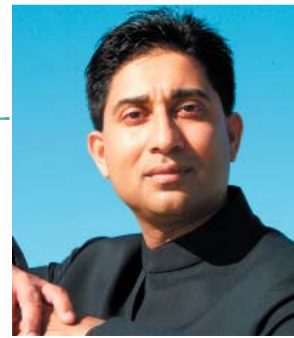
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5

Look Good, Feel Great.

Stress is a fact of life and isn't going away anytime soon! Rather than trying to control it, understand how it affects you at every level and learn how to reduce its harmful effects on you through the use of simple yet effective tools and techniques which deliver results and leave you looking, and feeling, great!

Discover

- The physiology of stress and how you can offset its harmful effects
- What you need to do, physically, mentally & emotional, to stay stress free
- How to naturally release headaches, reduce jet lag, get deeper and more restful sleep, and restore lagging energy levels

Benefits

- Increased levels of personal energy and vitality
- Effective Handling of Stressful situations
- Improved clarity, focus and performance
- Enhanced feelings of personal empowerment

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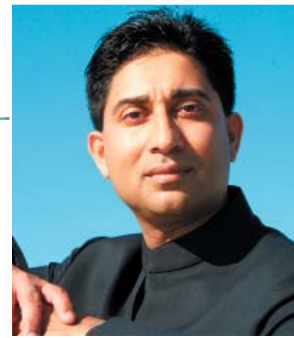
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Taron, regarding your Energy Awareness training, I Loved it, loved it! I really enjoyed the workshop so much, and felt that it was so beneficial. The techniques for grounding, centering and protection are just wonderful, and I use them daily now. I feel that I learned marvelous techniques that I have incorporated already into my daily habits. Looking forward to Level II.

(Lynn Burnett-Murphy MEd, Hopping on Rocks, Edmonton AB)



6

Getting Ahead through the Heart

The head is holding the heart hostage as increasingly, our world becomes more heartless and headstrong! This imbalance results in increasing amounts of stress and negativity both in the workplace and at home. We have forgotten the power of the heart's wisdom through which we can once again become balanced and integrated while enjoying added success, deeper joy and ultimate freedom in our lives. Come learn the surprisingly simple insights which can take your quality of life from good, to great!

You Will Learn

- About the Heart-Head-Body Trinity
- How to decrease stress levels and negativity through the Heart's Wisdom
- Specific awareness's which contrast qualities of the head with those of the heart
- By taking an assessment, if you are actually heart-centered, or just think you are
- The 9 Keys to Heart-Centered Living

Benefits

- Reduce stress and negativity levels
- Experience more satisfaction and fulfillment
- Have more authentic, meaningful connections

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Great comments you made Taron; both, to learn, and to live by. I have lots of work ahead of me, but I am glad I met you and spent some time looking at both my positive and negative attributes and some ideas around change. I also really enjoyed your Health Wise C.D.s and will replay them from time to time, as it is excellent information to live by. I will be in touch in time. Kindest regards on your help in assisting me with better choices in my life, as well as in making my life as great as it can be. Thanks tons! Mitch.

(Mitchell Ravvin, Calgary AB)



Living the Abundant life

Are you a Survivor or a Thriver? How are your thoughts, feelings and attitudes about wealth impacting on your ability to create and attract it into your life? Explore how you can go from being a survivor, to a thriver through understanding the principles behind prosperity consciousness.

Discover

- The 5 keys to prosperity consciousness
- The power of Having versus Wanting
- How to use visualization to attract what you want

Benefits

- More ease in creating the life you want
- Getting into the flow
- Improved ability to identify negative patterns blocking prosperity
- A RICHER existence at every level of your being

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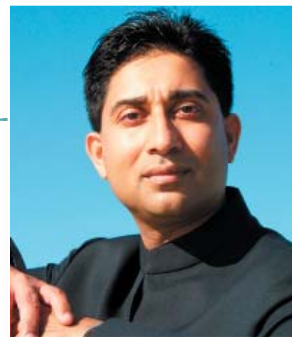
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Our session was like a fresh breeze blowing through. Your words really stimulated some positive energy. I see what I need to do for myself and how I should pursue these emotions. End vs. completion.

(MM, Calgary, AB)



8

The Fountain of Youth “Simple Secrets of Anti-Aging”

Although normal aging is natural, pre-mature aging is not! Increasing levels of stress are negatively impacting on our health and wellbeing at an accelerating pace. In this presentation, you can learn practical, simple and easy to implement insights and tips on how to restore health and regain vitality in every area of your life!

Designed for

This program is ideal for individuals who wish to maximize their quality of life by investing in themselves through healthy eating, thinking, feeling and living. Through the implementation of specific strategies at every level of your being – the physical, mental, emotional and spiritual – you can both look good and feel great! Certainly, a worthwhile investment!

You will learn

- The difference between good and bad stress
- Secrets about water intake sleep cycles, exercise diet and nutrition
- Insights into the 3 A's
- The power of a good emotional diet
- The 3 P's of a good spiritual diet

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Your workshop clarified the dynamics of what was going on and has given me the tools to discipline my mind and give myself and others the respect deserved. I knew that rescuing is not as effective as being a positive role model. Now I know how to and stay and live that thought. I feel so much lighter. I feel in control and out of the destructive game. Thanks.

(MH, Edmonton, AB)



9

Relax and Renew through Meditation / Meditation Magic

The ancient art and science of meditation are revolutionizing the modern world. Research has shown a marked difference between the quality of life experienced by meditators versus non-meditators. This program demystifies the powerful art and science of meditation and teaches you how to experience more calm, clarity and contentment in all that you do.

You will learn

- What meditation is and is not
- What types of meditations are available
- The key benefits of a daily meditation practice
- The effects of a guided meditation by experiencing one during the program

Benefits

You can experience more peace, harmony, joy, flow, focus and clarity, to name a few, by aligning your energy through mediation.

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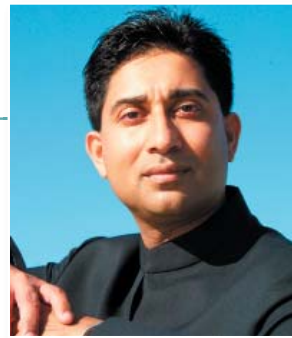
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It amazes me the depth of these programs. When I am involved at the time I often don't realize how comprehensive the programs are. I think this speaks to Taron's ability to tune in to whatever the group requires and can manage. When I complete a program I realize how much I learned from the experience afterwards.

(LS, Calgary, AB)



10

Awaking the Fire within - More Breath, Less Stress

Breath is the Bridge to Consciousness. So if stress is getting the better of you, the solution is as close as your breath! By becoming aware of the power of conscious, directed breathing, you can effectively counteract stress and deal more effectively with life's challenges. Your breath, and how you use it, is the most powerful force in the world.

Discover

- How to build up your personal vitality through specific breathing exercises
- The Mind-Energy-Breath connection
- The physiological benefits of conscious, direct breathing
- Specific 'calming' breath techniques

Outcome

Through the effective use of breath, you can lessen the effects of negative stress on both your body and mind. You can experience more relaxation and ease, along with a deeper sleep and better mental alertness through working with the art and science of breath.

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I am most grateful for the level of intimacy and sharing which transpired amongst the group. What a wonderful opportunity to learn and stretch when we are able to share what troubles, puzzles others. For me, real learning happens when honesty is present. Thank-you Taron

(LS, Calgary, AB)



11

Are you really Health-Wise?

Health is Wealth! By understanding that being healthy goes beyond the physical to the mental, emotional and spiritual aspects of our being, we can begin to identify behaviors and patterns which are healthy and those which are not. To be optimally healthy and integrated, all of life must be challenged, to find the best strategies and techniques for overcoming obstacles which keep us blocked!

Discover

- What is Energy and why you need to manage it for optimum health
- What are the 3 A's
- Taron's 2 minute Tune-ups for releasing daily stresses, quickly

Benefit

More energy and vitality and less stress

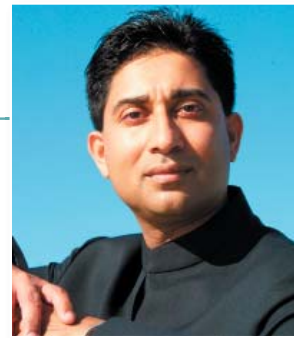
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12

Fundamentals of Energy Management - Level 1*

Energy Management is our flagship training course. It directly shows you 'how' to develop your awareness and align your life energies to successfully handle stress, conflict, change and opportunity. Using the 'learning through doing', experiential model of learning, individuals and organizations gain valuable, practical and easy to implement insights into how to achieve results with confidence and ease.

*Please note that this program runs for 14 hours, and can be taken over 2 days, or in modules.

You will learn

- How to stay more grounded and calm during stressful times
- How to stay centered and less reactive with conflict
- How to use meditation as a tool for effective energy management
- How to experience and create healthy boundaries

Benefits

- Connect to your power and experience more confidence, clarity, and flow
- Be less affected by negativity
- Experience and maintain higher levels of Energy and Vitality throughout the day
- Consciously create positive results in all areas of your personal and professional life
- As an experiential workshop, the practical tools and techniques learned can be applied **immediately** to everyday life challenges

Note: This workshop uses an innovative 'awareness' based approach to learning and self-improvement. It is distinct from other workshops as it approaches life from the inside out and is focused as much on 'who you are' along with 'what you do!' Therefore, be ready for a refreshing, 'out of the box' experience which when approached with an 'open mind', can have a significant impact on your quality of life, both professionally and personally!

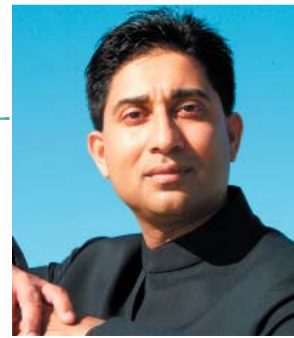
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About Taron

Former Immigration Judge, Taron Puri, B.A., LL.B is widely sought after for his ability to awaken and ignite within each individual a deep passion for exploring and living life to the fullest. He has trained thousands in how to 'Manage their Energy, not their Stress', and has been described as a powerful 'catalyst' for positive change! Knowing that health is wealth, his innovative, deeply insightful and profoundly practical strategies for inspiring growth and action amongst individuals and organizations has earned him praise and respect worldwide.

On a personal note, Taron's own journey into awareness and self-empowerment began with his father's guidance and mentoring when he was only three years old, and he continues to explore life from the inside out, knowing that by disciplining and harnessing the mind's power, all of life unfolds with ease and life becomes a joyous journey.

In Addition to his legal training, Taron also has a Diploma in Business Marketing and a Bachelor of Arts in Criminology.

To learn more about how you and your organizations can benefit from Taron's keynotes, training seminars and professional coaching sessions, visit www.energyinmotion.org and contact him at (403) 278-8358.

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Value Added Programs

In Addition to coaching and seminars, Taron offers:

- Meditation programs and practice for everyone to deepen their existing practice or to enjoy decreasing their stresses while increasing the quality of their experience on the cruise.
- Inner Fitness Meditation and Movement Classes – this is a highly popular, 1.5 hour process which integrates warm-ups, dance, breath work and silent meditation. It is transformative and works body, mind and spirit, creating catharsis, clarity and deep stillness.

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