

My Story

Kristy Wood-Giles has a MSc in Environmental Health and is a Certified Life Coach and Personal Trainer.

During a 300 km hike, she was exposed to many challenges including several ticks. Despite her rapidly declining health, numerous specialists and many tests, it would be several years before she was diagnosed with Chronic Lyme and several co-infections. She went completing in a half Ironman to having trouble with memory & comprehension, fatigue, paralysis, pain & walking.

Wood-Giles' recovery is recorded in her book *Two Week Window; Living with Lyme and Thriving in Life*. Her presentations use science to prove how we are naturally meant to thrive and what an amazing life it can create for everyone.

Kristy Wood-Giles

www.outofthewoodz.ca

kristygiles@storm.ca

Almonte, ON

613-852-7496

"I got lost, in myself, my illness and all my loss. It was like being lost in the woods, with no directions & only darkness & fear to guide me. Through that came clarity & a discovery so energizing & empowering.

I have to share...I am driven to help others achieve a feeling so powerful, a purpose so fulfilling & an energy so endless. Helping others emerge, out of the woodz, more empowered has become my passion."

Kristy

CORPORATE EMPOWERMENT



★ Mindset Motivation & Mindfulness

We need to overcome beliefs and understanding that do not serve us. We all possess the power to motivate ourselves, influence our cell memory and energize our lives. The mind body

connection is an important tool to assess individual health, save energy, create more power, and seek true potential.

Participants will better understand how their mind and body work together in such a way it that enhances their self perspective, increases confidence, and empowers everyone.

Interactive examples will help to instil true understanding for each participant. A powerful tool to discover one's best life.
Part 1 of 2

★ Freedom, Fitness & Efficiency

Exercise and fitness have become a marketing masquerade. Discovering fitness for each individual requires self exploration to determine what will work best and inspire each.

Participants will learn how fitness can work for or against you and how all goals can be achieved in a much more effective and efficient manner, in only minutes a day. Stop the madness and discover how easily it can be achieved and how movement can become a new infatuation.

All participants will develop a personal workout plan that can be completed anywhere, anytime, no equipment needed, replace a full gym workout.

★ Instinct, Inspiration & Innate Abilities

Humans have lost their ability to follow their true instincts. Science discovered two decades ago (but not shared) reveals how some of these natural instincts are created.

Participants will learn how to create more energy in their body, develop a better understanding of their unique strengths and discover how easy it is to take better care of their mental and physical health. Participants will discover their own powerful, innate abilities.

Interactive examples will demonstrate these skills to participants and help them discover freedom from the stresses of life and their unlimited potential.
Part 2 of 2

★ Environmental Health, Energy & Ecology

We have lost our connection to nature and many natural abilities. The benefits are overwhelming and our connection is innate. Nature holds the answers to our most overwhelming questions with health, environment, happiness and even climate change. The solutions are simple, yet overlooked.

Participants will examine how all of life's most complex challenges are solved in nature. This presentation will change everyone's understanding of life..including their own.

All examples are supported by science and become personalized for each.

★ Strategic & Management Planning

Successful leadership in mediation and strategy development to help corporations, businesses, groups and organization develop a plan to guide and successfully achieve all goals, including office culture.

Mind & Body Proficiency