
WORKSHOPS AND SEMINARS PROVIDED BY L . E . E . , I N C .



Holistic Investing

Target Market: Employees from corporations, institutions, and agencies

Most people feel strapped by their finances, regardless of the actual amount of income, rather than taking control and maximizing whatever resources are under their stewardship. The perceived roadblocks are internal more often than external. This is an educational and training workshop to identify emotional, physical, social, spiritual, and mental strongholds that prevent individuals from obtaining financial freedom.

Financial Management

Target Market: Employees from corporations, institutions, and agencies

Once individuals decide to take control and responsibility over their resources, they need to gain understanding of basic strategies and vehicles. This is an educational workshop designed to provide basic money management principles, concepts and strategies. The objective is to empower individuals with the resources that will assist them in making better-informed decisions regarding their finances.

Economic Empowerment (6 sessions)

Target Market: Youth, young adults, and agencies

Individuals may want to better understand the language, concepts, and principles of the financial markets. This curriculum is designed to educate clients on how the economic cycle works and how it affects clients personally. It is also designed to teach how to start and maintain a successful investment club, and what it takes to leave a financial legacy.

Healthy Lifestyle Management

Target Market: Corporations, institutions, and agencies

“You are what you eat” is an understatement. Most of us do not realize the impact that certain foods have on our systems. This workshop is designed to educate participants on the physiological and emotional impact of certain foods on the body; also to introduce and implement strategies to reduce the risk of cardiovascular disease for an overall healthy lifestyle and greater healing capacity.

Fitness Management

Target Market: Employees from corporations, institutions, and agencies

Healthy employees are happy employees, happy employees are productive employees, and productive employees generate huge dividends for the company. This educational workshop is designed to review various fitness programs that are conducive to long-term good health, nutrition, and fitness.

Basic Health Insurance

Target Market: Employees from corporations, institutions, and agencies

Health insurance can be an intimidating topic with a language of its own. Come to this workshop to learn basic health insurance concepts, terminology, and applications as determined by your specific healthcare needs.

“HEALTH IS A PREREQUISITE FOR WEALTH”
