

WELCOME SLIGO WOMEN IN BUSINESS NETWORK

FUNDED THANKS TO SLIGO
LOCAL ENTERPRISE OFFICE

30 JANUARY 2024

hello@swibn.ie



Meeting plan



Welcome, grab a refreshment

Wellbeing Erin Elliott – Erinintuitive

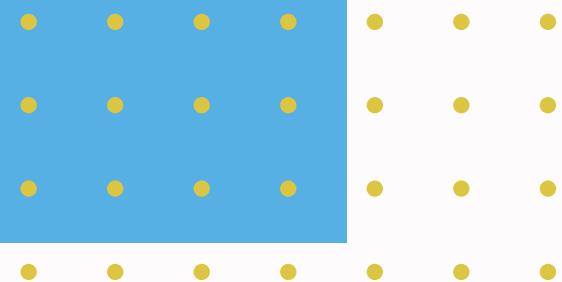
Tech Tip

Panel - Nikki Curran, Erin Helbert, Anne Brennan

Announcements

Goal setting, networking

Develop new contacts and support each other





ERIN ELLIOTT

ERINTUITIVE HEALTH

Kinesiology | Wellness | Nutrition

Origin Story

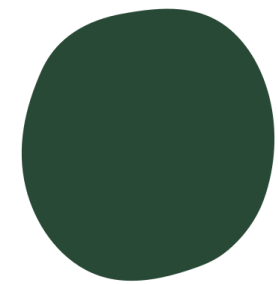


- MX Mexican-Canadian CA with Irish ancestry CI
- **Childhood wish:** Be a (good) witch 🧙‍♀️
- **Experience:** B.F.A. Theatre & Dramatic Arts 🎭,
 - Qualified Yoga 200-YTT 🧘 & Mindfulness Coach,
 - 20 years in Hospitality & Tourism. 🍽️ 🚴 🍀
- **New Horizons:** 2011, stumbled upon Ireland's Northwest Coast... 🌊
- **Inspiring moment:** 2014, attended naturopath b/c of digestive issues.
 - Discovering root causes 📈 my quality of life. 🌱
- **Catalyst for change: 2020**, lost tourism job (pandemic) 😞 →
 - **Opportunity: Kinesiology & Naturopathic Nutrition** 🍷
 - *ie. time to help others & fulfil my childhood dream!* 🧙‍♀️

- 🍵 Herbal tea aficionado
- 🌿 Nature lover
- 🐶 Dog mama & trainer
- 🏄 Casual surfer, 🏂 snowboarder & 🛼 figure skater
- 🧑‍🌾 Organic veggie gardener

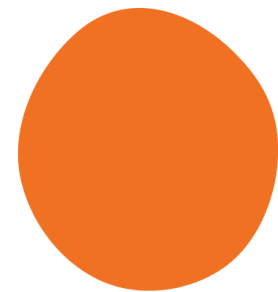


KINESIOLOGY COMBINES



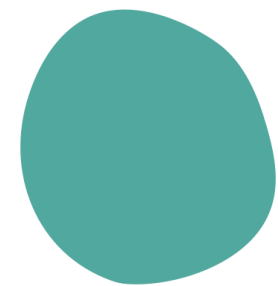
PHYSICAL (MUSCULOSKELETAL)

Chiropractic Principles, Postural Alignment, Range of Motion, Injury, Aches & Pain Support, & **Lymphatic Massage**



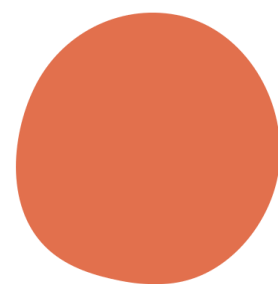
BIOCHEMICAL (NUTRITION)

Food Intolerance Testing, Nutritional Therapy, **Supplement Testing**, Digestive Issue Support, & Mindful Eating.



EMOTIONAL & MENTAL

Emotional Stress Relief, Talk Therapy, **Mindfulness**, Affirmation Work, EFT, & **Bach Flower Remedies**



ELECTRICAL (ENERGETIC)

Eastern Medicine Energy Work, Acupressure, Meridian Therapy, **Chakra Balancing**, & Cranials





Successfully Supporting Clients with:

- Skin Conditions
- Stress & Trauma
- Anxiety & Depression
- Infections & Immunity
- Allergies & Intolerances
- Headaches & Migraines
- Arthritis, Aches & Pains
- Asthma & Breathing Issues
- Women's Health: (PMS/PMT, PMDD, Endometriosis, PCOS, Fertility & the Menopause)
- Life Purpose & Motivation
- Confidence & Self-Esteem
- Chronic Fatigue & Insomnia
- Weight Gain & High Blood Sugar
- Thrush, Parasites & other Toxins
- Hormonal Imbalances & Thyroid
- Heart, Circulation & Lymphatic Conditions
- Digestive Issues: Acid Reflux, IBS, bloating, etc.



Muscle Testing In Action

Anyone stressed?

See for yourselves how muscles respond to **stressful** thoughts & emotions.

(Talk to me if you would like to try it yourself!)



ERINTUITIVE
HEALTH TIP

Let's Talk About Shame.

Shame

Internalising a mistake you made as a reflection of who you are: ie. A "bad" person/friend/mother/daughter/neighbour/citizen/businesswoman, and punishing yourself for it.

Perceiving the error as evidence of a major character flaw damages your sense of self worth & self-esteem.

Scenario

You are late picking up your child from crèche or school.

*"&\$%^! I am SO late!!! I've got to be the worst mam in the whole world. Why can't I get anything right? I've **got to** leave earlier so this never happens again."*



Shame Words

ie. Words we *unconsciously* use when planning our hour/day/week/month/year, or setting goals:

- **I Should**
 - **I Shouldn't**
 - **I Have to**
 - **I Must**
 - **I Need to ***
 - **I've Got to**
 - **I Ought to**
 - **I Better**
- **I really should** quit smoking.
 - **I must** ring _____ (relative/friend).
 - **I've got to** plan my entire social media calendar today.
 - **I better** go out with the girls on Friday.
 - **I shouldn't** eat those crisps.
 - **I have to** go to the gym tonight.
 - **I'm really bad** at prioritising myself.
I ought to do better.

(*biological needs excepted!)

Something to think about ...



What happens when you don't follow through with what you:

Should have / shouldn't have / had to / needed to / got to / must do?

Mindfulness Exercise

Start to Notice which of these subtly shaming words you use on a daily basis.

Gentle reminder:

Notice these as an *observer*, not as an opportunity to chastise yourself!

And...



Replace shame words with ...

Empowered Words

- I Can / I'm Able to
- I Will / I'm Free to
- I Want to / I Choose to
- I'm Going to
- I'd Like to / Love to
- I Deserve to
- It's possible to
- It would be healthy / kind / good / great / beneficial / amazing , etc.(for me) to...
- I can quit smoking.
- I want to start planning my social media calendar today.
- I'd like to ring ___(relative/friend) this weekend.
- It would be great to go out on Friday & see the girls - but only if I'm feeling up for it.
- I deserve to eat healthy foods that are good for me.
- I choose to go the gym tonight. And, if it doesn't happen, there's always tomorrow.
- It's possible for me to prioritise myself.

Be kind to yourselves ladies - the more you practise using these, the easier it will get!



ERIN ELLIOTT

ERINTUITIVE HEALTH

Thank You.



Follow Me On Socials:

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Tech tip

Muting

SWITCH OFF



1st STEP

Plan daily time, when do you start and finish?



2nd STEP

Identify how are contacted outside of work hours (e.g. alerts on phone)



3rd STEP

Schedule your alerts to stay within your chosen work hours



Oifig Fiontair Áitiúil
Local Enterprise Office

SWIBN PANEL DISCUSSION



NIKKI CURRAN



CAREER
CLINIC

ERIN HELBERT



RIGHT THE
FIRST TIME

ANNE BRENNAN



EMPLOYABILITY
NORTHWEST

WHAT IS COMING UP

Book on www.swibn.ie

Tuesday
February 27
12:30-2pm

**Wellness in the
workplace**

Funded by MSLETB

National Surf Centre
Strandhill

Friday
March 8
12:30-2pm

**International
Women's day**

City Hall, Quay St.,
Sligo

Tuesday
April 30
9:30-11am

Networking

Location to be confirmed

Networking

Groups of 3

Set SMART Goals

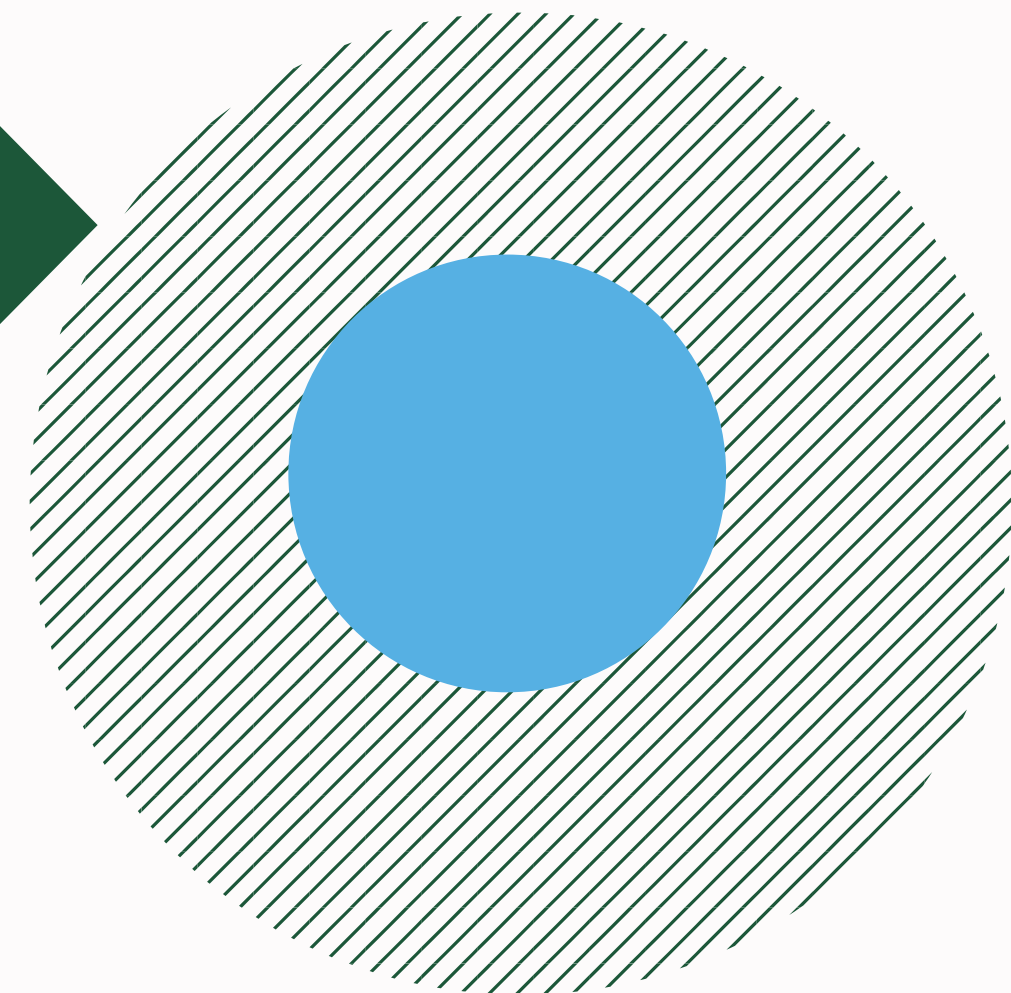
What are your personal and professional goals?

Share contact details

Support each other.



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EVALUATION LINK



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