



LOVE YOUR LIFE
WITH MISTY





THE COMPANY

Founded in 2017 by Misty Giordano, Love Your Life, LLC started out as a way to teach people about holistic living and quickly expanded into workshops centered around using proactive self-care for mental, emotional, spiritual and physical health, both in and out of the workplace.

With virtual offerings, participants learn how to use simple and most often free self-care practices and constructs that work for their individual lives, thereby creating consistency and expanding the idea of traditional cookie-cutter self-care to support their constantly overstimulated nervous system.

As an HSP (Highly Sensitive Person), Misty's core belief is that when we take personal responsibility for our wellbeing and create daily constructs to invite solitude and stillness into our lives, we thereby start to create an intimate relationship with ourselves for greater self-awareness and core connection. It's this relationship we have with ourselves that allows us to create an inner sanctuary in times of chaos and uncertainty to help support our nervous system - something we can always come back to that feels like home.

This transformation is what creates the space to invite more presence, pleasure, play and gratitude into our daily lives and interactions with others and brings us to a place of more mental, emotional, spiritual and physical peace.



MISTY GIORDANO

Love Your Life, LLC
Creator of The How to Human Experience,
Intuitive Guide, Life Artist, Author

Misty Giordano has a unique approach, presence and perspective that fosters joy and aliveness. Discovering her unique gifts as a Highly Sensitive Person (HSP), she has leaned into centering her wellbeing work around nervous system support using a variety of modalities. Instead of focusing on specific practices, Misty goes deeper into the real problem - creating more time in one's life for stillness to just be. For connection. For presence. For joy.

A former HR Manager, Misty knows a thing or two about burnout and joyless living. For one? It isn't fun. A believer that the depth of life is often overlooked, Misty's mission is to inspire people to dream again and create a life they actually want to live fueled by their own inspiration. To do that, we must be brave and take responsibility for our own wellbeing. With wellbeing becoming yet another to-do list in our world, a question to ponder - what if real wellbeing comes from doing less, not more?

Offering a collection of resources and knowledge from formal institutions and hours of self-study in the last 10 years from her own healing journey through corporate burnout, autoimmune disease and remission, caregiving burnout, divorce and total life transformation, Misty offers an invitation to do life differently - that is, your way. On your terms. Courageously being the fruitloop in a world full of cheerios.

As an intuitive life coach and author of the book *The Self-Care Survival Guide for Employees*, her experience spans many years and started with her background in corporate HR where she danced with burnout and autoimmune diseases, coupled with being the daughter of an 18-year cancer warrior who fell victim to the prescription medication and opioid crisis.

In general, individuals and corporate clients seek Misty out when they're ready to do life and/or workplace wellness differently, knowing the old way just isn't going to cut it anymore and moreover, it never actually worked in the first place.

She is particularly effective helping women who feel lost in a life they created around what they felt was expected of them, but not what they actually wanted. This vicious cycle leaves them feeling burnt out, stressed out, developing physical illnesses, waning mental health and leaving joy, play and fun as a foreign language. Instead of living life, they're managing it day in and day out. A return to radiance is at the core of what they seek. Misty can deliver that and more.

OFFERINGS FOR INDIVIDUALS AND BUSINESSES/ORGANIZATIONS

Follow your own personal roadmap to greater vitality, core connection, self-love and fulfillment in your life.



The "How to Human"
Experience Virtual
Workshops



Dreamboard
Workshop



The True North
Collective



Guidebook

CONNECTION (VIRTUAL) THE HOW TO HUMAN EXPERIENCE MASTERCLASS



Chances are, you already know what to do to enhance your own wellbeing. The person next to you already knows what to do, too. The issue isn't the knowing, the issue isn't even the doing - the real issue is making time to do those things. In Connection we get back to foundational basics - creating time constructs in our every day lives to create an intimate relationship with ourselves so we WANT to put our wellbeing first, rather than last. More importantly, creating constructs that actually work for our own lives, as our life and circumstances look very different from the next person's. This is the intention of The "How to Human" Experience - intentionally making time for ourselves every day to disconnect from the fluff of the world and reconnect back to ourselves so we can fully feel alive and see the joy and magic in the mundane. This way of living is not just for some humans, it's for all humans of every different walk of life and professional title.

Choose your own roadmap - a fully self-paced, virtual program or partner with me to bring these workshops live to your team. Either option consists of construct-specific workshops, such as loving your solitude time, infusing joy and play back into your life, creating morning and evening routines and taking real breaks throughout the day, where the intent is integration rather than just consumption of the material. By choosing a live option, these workshops are delivered virtually once per month along with a weekly or bi-weekly roundtable check-in for group help with implementation. Consistency and implementation are where the magic happens. This type of offering is available as a long-term program (6-12+ months), or can be offered in 3 month increments as a level 1, level 2, etc. This program can be delivered to any employee level or group within your organization. It's worth noting that "How to Human" is not a cookie-cutter offering and can be customized for your team's specific needs, including duration of workshops, additional need-specific workshop creation and the option for these workshops to be live or recorded.

There is a synergistic effect that happens within teams when everyone is taking care of themselves, as it often results in a palpable sense of support and seeing other people's humanness with new eyes. Yes, you can expect to see long-term ROI, such as a decrease in stress-related health insurance claims, but with a wellbeing offering that goes beyond the surface you can also see an increase in feelings of connection and belonging, company culture, morale and retention and a sense of community within the organization. A remedy to "The Great Resignation" is to create a company people want to work for.

More information on [the live offering](#) and the [virtual masterclass offering](#).

DIVINE RADIANCE (VIRTUAL)

A RESOURCE COLLECTION FOR WOMEN AND THOSE WHO IDENTIFY



Divine Radiance was born out of Misty's own healing journey through not understanding the magic that lies in being a woman. In not understanding the power behind using your menstrual cycle phases to support your life. In not knowing what else lies beyond the status quo and the typical tools and modalities we hear about.

Divine Radiance cracks open the wide world of the Divine Feminine energy to give life to choice. Maya Angelou once said "Do the best you can until you know better. Then when you know better, do better." the act of reparenting ourselves in this way takes courage to peel back the layers of patterns and conditioning, especially as it pertains to ancestral lineage and trauma. Divine Radiance is as much of an informative tool as it is a resource share to introduce you to some of Misty's greatest mentors and findings along her own journey.

Taboo topics are talked about, including using the moon phases, understanding the potency in using your menstrual cycle phases to support your life, delving deeper into real authenticity, connection and magnetism via conscious relating with others, tantra and sacred sexuality and so much more.

Allow Misty to open the cornucopia of options that are available to you. Follow your curiosity, you might just find a breadcrumb path leading you down a road you never knew existed.

Divine Radiance is offered as a self-paced, virtual program accessible - [the virtual collection.](#)

This offering would also be a great addition to a women's Employee Resource Group wellbeing training or any other women's support groups. To bring this offering to your group in a live and virtual way, please email misty@loveyourlifewithisty.com

IGNITE YOUR LOVE FOR YOUR LIFE (LIVE OR VIRTUAL) - 2 HOUR DREAMBOARD WORKSHOP



When was the last time someone asked you what your dreams were? In fact, when was the last time you considered what your dreams were? In a world where burnout and exhaustion are running rampant, what would it be like to transport yourself into your imagination to get back in touch with the life you really want to be living? An integral part of The "How to Human" Experience, this virtual 2 hour dream board (also called visionboard) workshop for individuals, businesses, organizations and groups of all sizes helps you create time to find clarity, focus on your authentic life, visualize ideal outcomes and learn techniques to make your vision board even more powerful. In a world of Zoom and workshop fatigue, this offering helps infuse some childlike fun back into your day.

Most visionboard workshops are focused on one thing – the creation of the visionboard. This means that right when you walk in you're already diving into magazines and gluing things on your board before you've even really given any thought to what you want your life to look like beyond certain external, top-of-mind goals. The focus of this workshop is the journey – we don't even touch materials until halfway through the workshop. This virtual workshop is about guiding you to take time out of your busy life to choose how to better navigate adult responsibilities, relationships, kids, careers, etc. all while reclaiming your joy and aliveness. If you're a business, the organization wins by your team feeling more inspired and fulfilled. Happy employees = happy company. Being guided through journaling prompts, we spend intentional time doing a deep reflection into your desires, wants, needs, who you want to be, what you want to do, what you want to have and more importantly – why do you want those things? Then we get to the actual dream board creation process, which is guided step-by-step. There's no right or wrong way to create your dream board, each person has full reign over their creation. Materials can be plenty or scarce. Creations can be on posterboard, walls, mirrors – even painting on a canvas. It can be bold and colorful, or black and white. There are truly no rules in this workshop. Because most dreams don't often just fall into your lap by wishing them into existence, we then learn to bring our dream board to life by learning what it means to take INSPIRED action towards actualizing your dreams. Fully guided, fully fun and fully inspiring. [More info here.](#)

THE TRUE NORTH COLLECTIVE

- VIRTUAL COMMUNITY

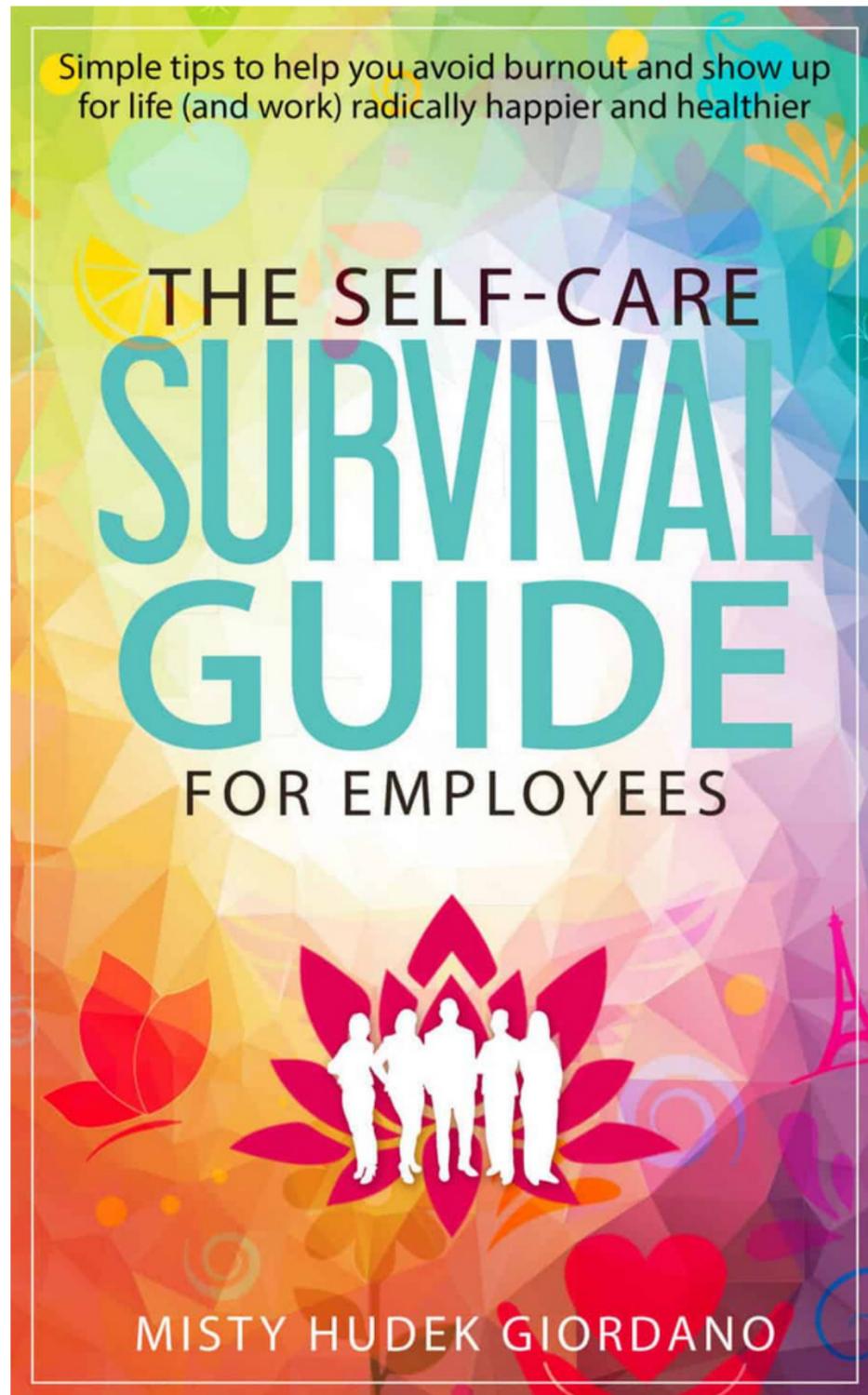


Whether you use Ignite, Connection or Divine Radiance as your foundation or not, the True North Collective can be an incredibly helpful adjunct to your aliveness journey. Filled with additional workshops, coaching posts, seasonal offerings and offerings that hit the needs in the now, True North Collective is where the expansion happens in real time.

- Ignite guides you to dig deep into your core desires and what you want your life to look and feel like
- Connection helps you create pockets of time to connect back to yourself and your life with authenticity, giving you a new sense of aliveness and freedom within your life
- Divine Radiance connects you back to your divine feminine essence to use all the tools and gifts we, as women and those who identify, are given at birth in new ways
- The True North Collective takes it a step further to help you build and grow within yourself, exposing you to what's out there beyond what your eyes can currently see. Experience healing modalities, work through roadblocks in real time, understand what's happening in your own energy fields and so much more.

Experiences are the key to growth and in The True North Collective the aim is to bring those experiences to you in a group setting. Because some of Misty's greatest transformations came by way of being introduced to amazing resources, people and tools, The True North Collective is where she's excited to share those with you. You can expect all these additional tools and resources as Misty finds them.

While encouraged, completing Ignite, Connection and/or Divine Radiance are not required for membership to The True North Collective. [More information here.](#)



THE SELF-CARE SURVIVAL GUIDE FOR EMPLOYEES (BOOK)

by Misty Hudek Giordano

In a world full of “do, do, do,” it’s no wonder emotional turmoil and disease are running rampant in our workplaces. For the employee... This springboard-style book is a means to introduce simple and most often free or low-cost self-care practices anyone can do while in any kind of work environment, without getting in trouble with their employer. The core belief of this book is the best healthcare comes from proactive self-care. For the employer... The intention of this book is to help employees learn and implement ways they can mind their own self-care within the work environment. Proactive self-care practices can result in decreased stress levels, improved emotional intelligence, less sick days, improved morale and lower healthcare costs among many other benefits. This book is a great resource for business owners as well. How you show up to lead yourself and your company has a ripple effect throughout your organization. Inspire those around you. Lead by example.

For more information including bulk purchase options and discounts, [visit my website here.](#)



Testimonials

HEAR FROM THE COMMUNITY

"I must say, Misty is a woman of care and determination and resilience. Her positive attitude and professionalism and most of all her workshops, have helped me reach a unique state of mind that helps me reach my own goals each day. Working with Misty has also helped me reach new perspectives of life to where I'm able to look at everything going on in my life in a positive, constructive way that allows me to live enjoying every moment in my life. She is just so wonderful and beautiful inside and out."

- B

"She is encouraging, supportive, and genuinely desires to bring out the best in people. She's an amazing motivator and I'm blessed to have her as my mentor. I wouldn't be where I am without her."

- L

"I LOVED being part of the course. It was exactly what I needed in my life. Every week, I had the call to look forward to and was left with action items that allowed me to significantly improve my life. Misty is an incredible woman who shared life changing wisdom, and did a great job guiding me along the journey of clearing space in my life to make room for what I truly want. Thanks to her and the course I was able to implement several habits into my life and work on strengthening my mindset. I highly recommend this course to anyone looking to become a better version of themselves and embark on a journey of self discovery and awareness."

- J

Misty was one of the first individuals to engage our organization during COVID. She did a wonderful job of using concepts like mindfulness and balance with tools for participants to continue their journey while working from home."

- R

"Thank you for this course. During these trying times is when we need to realize who we really are and what we need to get rid of internally to make us a better human being. I enjoyed this course to the fullest and feel that it came into my life at the perfect time."

- B

If you are:

An individual - click on the links in the description to register and get started on your adventure!

A business/organization - your next step to bring these offerings to your team is to send me an email at misty@loveyourlifewithmisty.com so we can find some time to chat about your specific needs. With this information, we can co-create a collaboration that will both serve your needs and your budget.

I can't wait to work with you!

