

# Workshops On The "5 Ways to Thrive" Are Now Available To Corporate Executives

*Mental Health Awareness:  
Illuminate Your Employee's Wellbeing and  
Guide Them from Feeling Unfilled to Fulfilled*

NEW YORK, UNITED STATES, September 23, 2022  
/EINPresswire.com/ -- Growtality, Inc. today announced the "5 Ways to Thrive [Workshop](#)", a new virtual session that allows you to illuminate [Wellbeing](#) and go from feeling unfilled to fulfilled immediately!

The "5 Ways to Thrive" workshop offers a new formula to live each day with more purpose, intention, vitality, and fulfillment while achieving results.

Features and benefits of 5 Ways to Thrive include:

- Finding time for what matters most in all facets of your life
- Increase levels of satisfaction and emotional composure
- Embrace your strengths and focus your attention by design
- Increase intrinsic motivation and inspiration
- Dedicated website for daily practice and follow-on practices

5 Ways to Thrive will be available starting October 1, 2022  
For more information on Illuminating Your Employee's Wellbeing, schedule a Discovery Call at [www.MeetwithKerry.com](http://www.MeetwithKerry.com)

Growtality, Inc.'s mission is to fill the world with thriving [leaders](#) by supporting their growth and vitality. As strategic advisors, they provide proven formulas to achieve outstanding results. Making the world a happier place every day.

Limited dates are available.



Founder, Growtality



Kerry Preston is an inspiration. A mentor, a role model and a guiding light who radiates beautiful energy."

*Kory Marchisotto, President of  
Keys Soulcare and CMO of  
e.l.f. Beauty*

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