



The Wisdom Coalition

Helping people change
their mindset so they can
find more joy in every
aspect of their lives!

If you had an opportunity to wake up tomorrow feeling more joyful about everything in your life, would you take it? Of course you would! Who wouldn't? Well THIS is your opportunity.

Research tells us that positive thoughts, attitudes and feelings lead to a cascade of benefits for people inside and outside of the workplace. The only problem is that despite our best intentions to be positive, a little thing called life usually gets in the way. That's where The Wisdom Coalition can help!

The Wisdom Coalition is an organization based in the science of positive psychology that is designed to give people the tips and tools they need to propel their mindset so they can not only be more joyful, but also more resilient and better at managing stress.





The faces behind The Wisdom Coalition include co-founders, Kim Howie and Nancy Werten. Kim holds a master's degree in positive psychology, is a health coach, and designer of the Pure Energy Program (PEP) which raises awareness about how what we are eating makes us feel.

Nancy is television news reporter with WFMZ-TV69 currently doing a health and wellness series in the Sunrise show. Nancy holds a master's degree in Communication Arts.

Besides speaking engagements and workshops, Nancy and Kim share the message of the Wisdom Coalition through their weekly podcast, their television show on WFMZ-TV69, retreats and their two books, *The Power Of A Pivot* and *The Power Of A Pause*.



Mindset Management Workshops

We know that employees who are more positive are also more productive, more creative, more collaborative and healthier.

The Wisdom Coalition provides insightful, dynamic Mindset Management workshops and speaking engagements to corporations, groups and individuals that are interactive and provide experiential learning to help people make positivity more habitual. These workshops are expertly tailored to the needs and wants of each group.



The Wisdom Coalition Podcast



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The Wisdom Coalition Well Of Wisdom Podcast

Is your mindset working for you or against you? Our podcast will show you how to build a mindset that will propel you forward and help you create opportunities to find joy in every aspect of your life. Doesn't that sound great? A more positive mindset AND more joy? It's all based in the science of positive psychology, which is the study of human thriving.

We feature in-depth conversations with nationally known guests and are now on nine different platforms including Amazon Music, iHeartRadio, iTunes, SoundCloud, Spreaker, Stitcher, Audible, Podchaser, TuneIn. Our podcast is heard in 75 countries each week.



FILLING
IN THE
MISSING
PEACE



 *The Wisdom Coalition*

On-Line Programs

Our two featured self-directed programs are vital to enhancing and strengthening our mindsets, resilience and joy muscles!



FILLING IN THE MISSING PEACE

In our search for inner peace and joy, we can sometimes feel that there is something missing-that we just can't put all of the pieces of the puzzle together. We have discovered three elements that can provide the completion you are looking for. They are self-compassion, self-forgiveness and self-love. These are the pillars of a healthy inner world that guide our interactions with ourselves, others and the outside world.

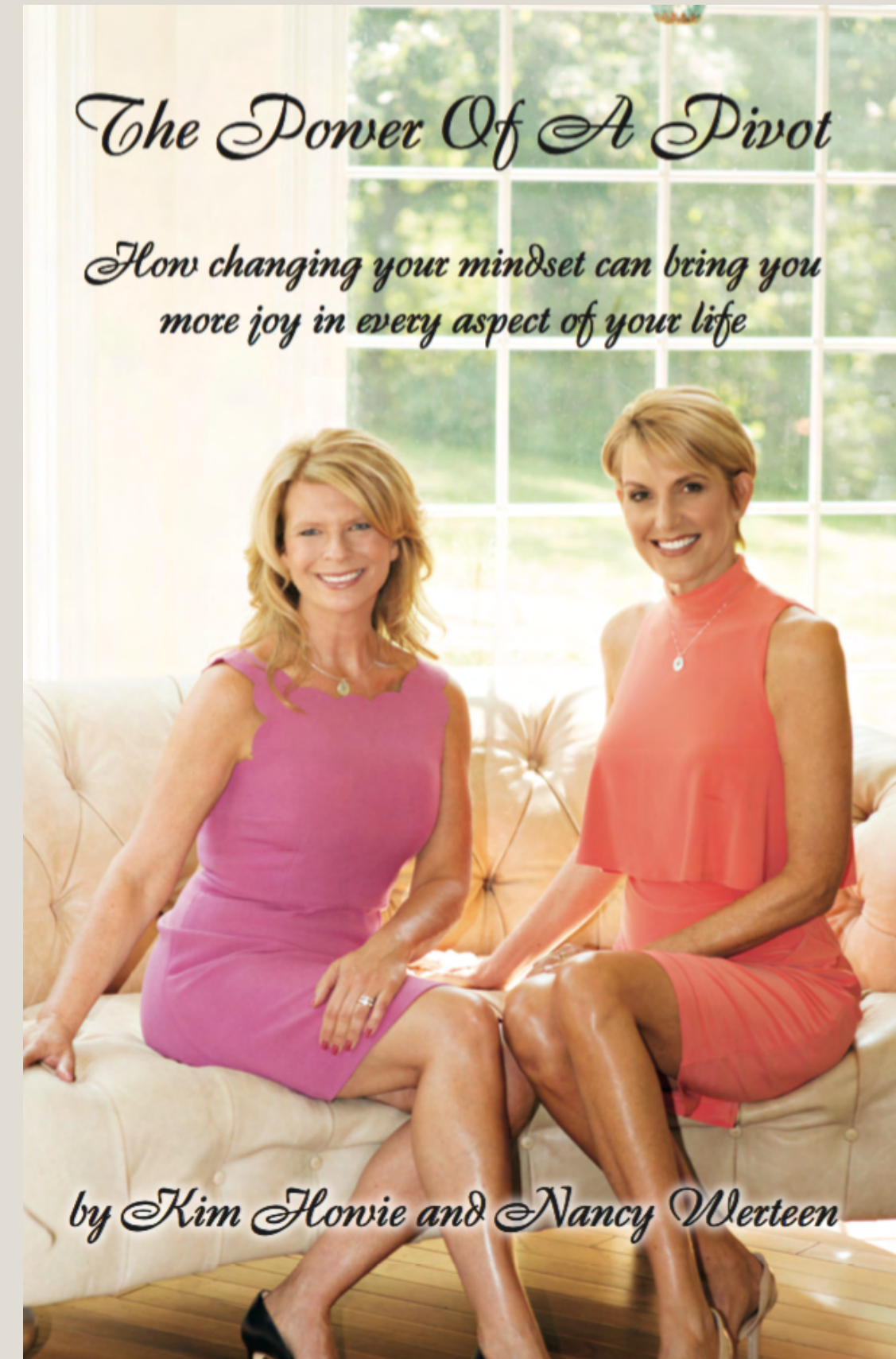
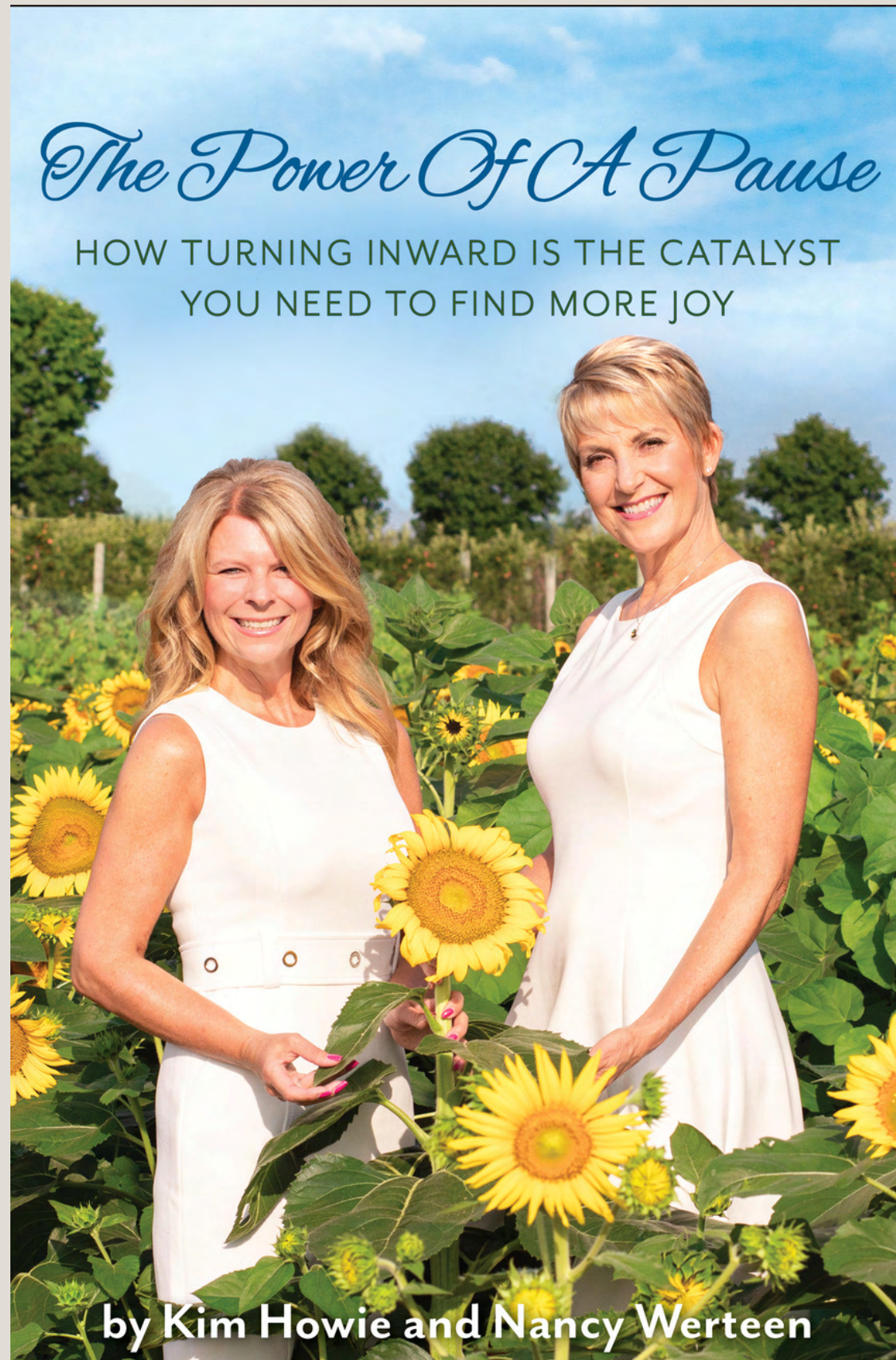
This course will help you focus on what you can strengthen in these areas and includes video elements, a downloadable workbook, self-discovery exercises and guided meditations. Become the love of your own life!

Remember when your computer was new? It came with a clean slate and you loaded in exactly what you wanted your computer to do and produce. But over time, it started to slow down and get quirky based on overloads to its system and not enough attention to what it needed to run efficiently. Our inner world can be just like this!!



This course is designed to provide you with the tools to take control of your life so you can find, feel and fuel your core energy with joy. It is broken down into ten installments including video and written elements. You work at your own pace to discover how to change your mindset using the science of positive psychology.

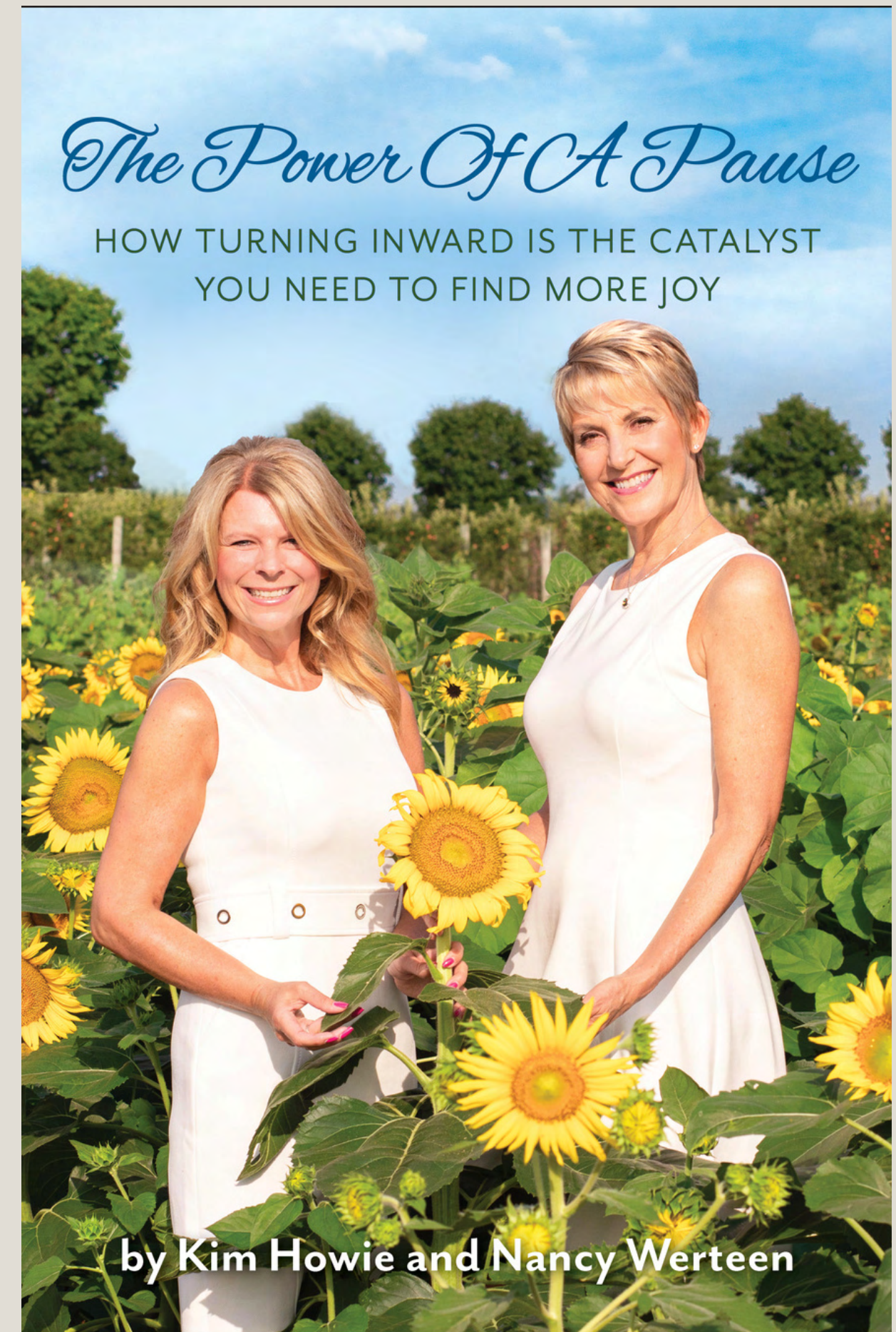
Our Books



Turning inward is a powerful and productive tool you can use every day to create the life you want. Research shows you have the ability to control your own sense of peace, happiness, and joy, and it starts with a pause. This intentional, or unintended, break is essential to understanding who you are, why you are here, and how you can create a positive mindset that focuses on joy, instead of negativity.

We choose to pause through mindfulness, meditation, and self-reflection. And sometimes in life, we are forced to stop and slow down because of a death, illness, set-back, or global pandemic. This break from the normal, whether it's intentional or unintended, can be a gift from which you can emerge with a more vibrant inner world that fills in and provides the missing peace that you've been looking for.

In *The Power Of A Pause*, co-founders of The Wisdom Coalition, Kim Howie, MSPP and health coach, and Nancy Werten, MCA, a television news journalist and writer, deconstruct the evidence and show you how to put this powerful tool to work in your life through personal stories and scientific evidence.



The Power Of A Pivot

*How changing your mindset can bring you
more joy in every aspect of your life*



by Kim Howie and Nancy Werten

Imagine if someone could give you a way to have more joy in your life each and every day despite your age, income and circumstances? Today's scientific research is saying we can actually choose to look for and have the joy we want!

In our book, *The Power Of A Pivot: How changing your mindset can bring you more joy in every aspect of your life*, we give readers tips and tools for a better understanding of the path to true happiness. This lively book is couched in humor and self-reflection and reads like a comfortable conversation with two good friends.

If you're not waking up each morning searching for and finding complete joy, what you need is a pivot, a change in direction, because life is a terminal condition and complaints and complacency don't care about the time clock that is ticking for all of us.

Retreats for Women



Our twice a year retreats offer a respite and soul awakening experience for women. We gather to explore relevant topics all designed for self-development and creating a sisterhood to lift each other up!



The Wisdom Coalition

TV program

Our periodic programs on WFMZ-TV69 explore concepts surround joy, mindset and positivity! We are Emmy nominated and award winners from The Pennsylvania Association Of Broadcasters in the category of Outstanding Public Affairs Program.





Media Contributors

We appear on television, podcasts, radio and print, and speak on a range of subjects including positive psychology, mindset and joy.

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