



Cultivating  
Community  
Wellness



# Calm within Chaos

with **Michelle Hillier**

A virtual session for Leaders, HR, Wellness teams and  
Direct Support Professionals

This interactive session offers quick and effective practices rooted in breath, movement, and reflection to help you regulate your own nervous system, reduce stress, and model sustainable well-being. Grounded in somatic science and lightly inspired by the four elements (Earth, Water, Fire, Air), this workshop provides real-time relief and long-term tools.

The tools are practical, adaptable, and designed to be woven into your day in under 60 seconds - before a big meeting, after a hard conversation, or during a moment of overload. This is not another wellness trend. It's a nervous system approach to leadership and well-being that's embodied, actionable, and accessible to all.

**December 10 at 11:00am**

**Register today**  
**through Real Xchange**

