



BALANCE PERIOD

CREATING A WORLD WHERE GENERATIONAL
WELLNESS IS ACCESSIBLE TO EVERYONE



Our Why...

As a collective, we are burnt out. Living in this post-COVID era continues to drain us of the energy to be fully engaged at work and at home. We've been conditioned to neglect our self-care until we are either sick or in pain, and even then, the "self-care" activities we tend to turn to are rooted in short-term, temporary fixes. This never-ending cycle of draining ourselves, masking the symptoms, and saying we are okay is lowering our quality of life and having a negative impact on our next generation.

Balance Period solves this. We are a wellness and health equity firm that focuses on generational wellness [the passing down of healthy habits from one generation to another]. Our mission is to make generational wellness accessible to everyone, one healthy habit at a time.

What We Do

We provide products and services designed to do three things: educate, equip, and execute.

1. We create educational experiences centered around science-based tools to improve one's quality of life.
2. We equip individuals and groups with a Sustainable Self-Care System. [a series of daily habits one practices to promote optimal mental, physical, and emotional well-being]
3. We help keep individuals and groups accountable to execute on keeping their mindset, motivation, and habits aligned with their creating generational wellness



The B.A.L.A.N.C.E. Blueprint

ENJOY [Gratitude]

We see what we look for, and what we focus on expands.

This step uncovers the power of practicing gratitude and its connection to you recognizing the full worth of your life.

CONSISTENCY [Self-Discipline]

Where our energy goes, grows.

This step highlights the importance of consistent disciplined action as you incrementally improve your quality of our life.

NO. [Personal Boundaries]

It's okay to say "No." in moments to prioritize time for their self-care.

This step teaches you how to set Non-Negotiable boundaries that protect our self-care habits.

ACCOUNTABILITY [Self-Care]

In order to fill anyone else's cup, our cup must first be full.

This step shares the simple sustainable self-care habits you can practice for optimal mental, physical, and emotional wellbeing.

LOVE [Self-Compassion]

Before we can truly love others, we must first love ourselves.

This step expands your awareness of the quality of your self-talk and teaches you how to respond with compassion.

AWARENESS [Self-Acceptance]

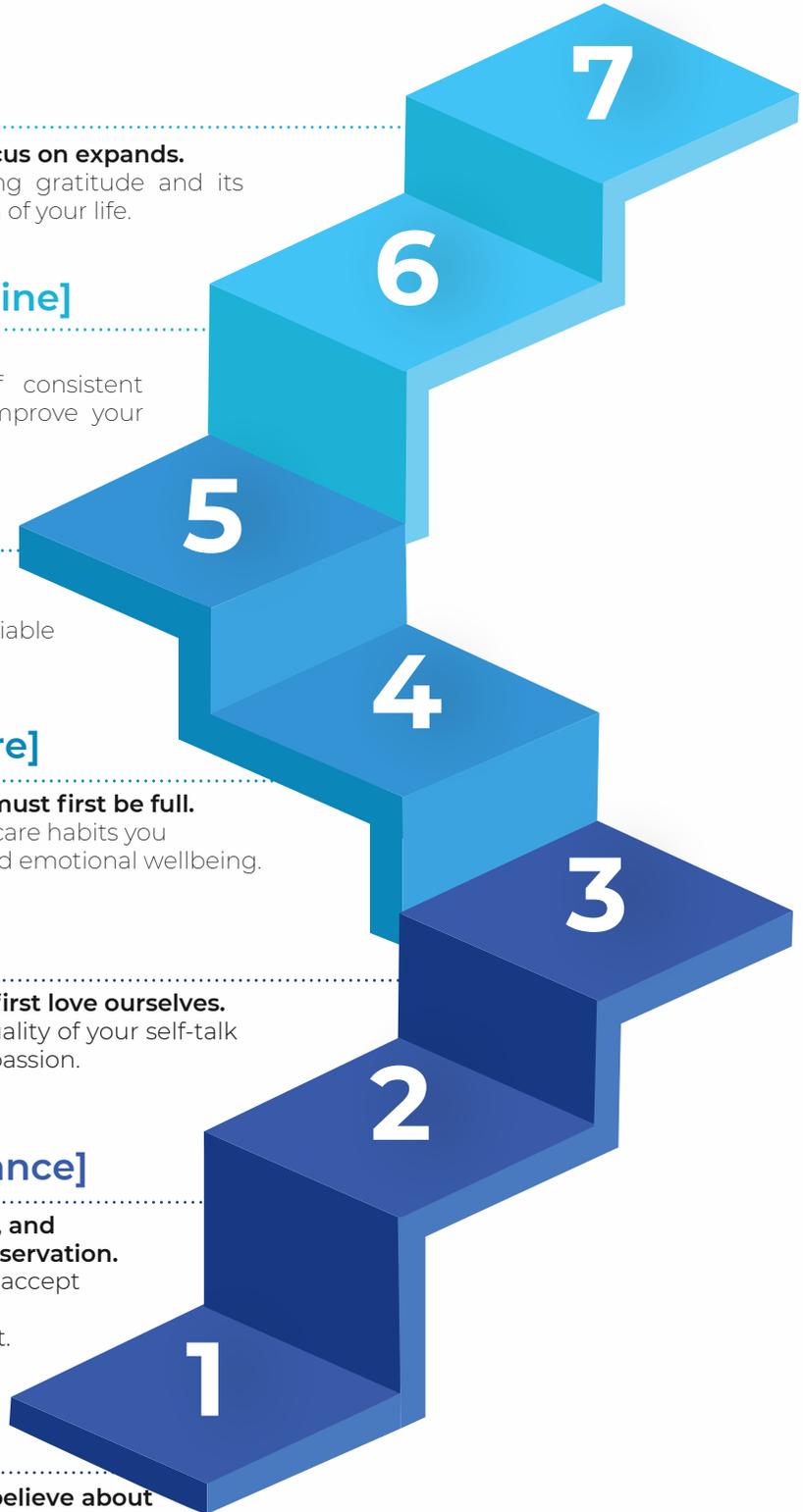
We can only change what we understand, and understanding is a result of intentional observation.

This step shows you how to wholeheartedly accept yourself so you can embrace the changes necessary for your growth and development.

BELIEF [Self-Efficacy]

We are where we are based on what we believe about ourselves and the habits we choose to practice.

This step expands your awareness of the value of believing in your ability to succeed.





What We Offer

Keynotes/Q&A Sessions

We create an engaging environment for participants to be inspired and empowered to incrementally improve their quality of life. We also equip participants with tangible tools that will help them execute on implementing what they learn into their daily life.

Topics we discuss: Thriving Through Burnout and Promoting Longevity, Developing A Sustainable Self-Care System, Leveraging Stress to Enhance Well-being, The B.A.L.A.N.C.E. Blueprint

Workshops/Professional Development

We offer customized workshop and professional development experiences that meet the unique needs of our audience. Our goal is to equip each participant with practical tools they can use to incrementally improve their quality of life from the inside out.

We cover topics such as: Self-Efficacy, Self-Acceptance, Self-Compassion, Self-Care, Boundaries, Self-Discipline, and Gratitude.

Customized Wellness Plans

Our customized wellness plans provide individuals and small groups with a clear and actionable roadmap to aligning their mindset, motivation, and habits with their optimal mental, physical and emotional well-being. By the end of this experience, they will be equipped with the tools they need to live a happy, healthy, wholehearted life and be the change they want to see in their family and community.

Mindful Moment Breaks

We attend virtual or in person meetings and events to lead attendees through breathing exercises and stretches that help them feel more focused and refreshed, increasing engagement.



ABOUT *MS*



[@RECOVERY.RAY](#)

Hi, my name is Raymond Achille!

I am the CEO and Wellness Consultant for Balance Period. I have a degree in kinesiology from Indiana University and over 8 years of experience in the health and wellness industry.

After being diagnosed with a pulmonary embolism in 2017, I dedicated my time and energy to understanding how I can maintain optimal well-being and pass down healthier habits to the next generation of my family. I now use what I learned to empower others to improve their quality of life and be the change they want to see in their family and community.



[@THEBALDSAGE](#)

Hi, my name is Eddens "Nick" Achille!

I am the Mindfulness Coach for Balance Period. In 2018 I transitioned on my journey from basketball to one focused on self-awareness. Along this journey, I uncovered a passion for meditation and breathwork. This passion led to my own definition of freedom. I acquired certifications in Mindfulness and Life Coaching, and now my goal is to help others experience that same freedom in their own journey and become the best version of themselves.



Connect With Us

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