The Shine Center

A coaching and well-being company supporting the community with engaging workshops and enlightening tips to guide, educate, and enhance healthy living.

Serving clients onsite in the Chester County/Philadelphia/ Delaware Valley region and nationally through virtual capabilities.

Primary contact
Megan Forgie
megan@theshinecenterllc.com
484-393-1171

Website
www.theshinecenterllc.com

Areas of Focus: Select to view available programs
Be Active
Be Nourished
Be Empowered
Wellness Fairs/Days

BE ACTIVE **Program Name**	**Description**	**In-Person/Virtual/On-Demand Options**
Sedentary Break Program	This engaging workshop offers practical strategies and simple desk-based exercises designed to counteract the negative effects of prolonged sitting. Participants will learn techniques to enhance energy levels and support optimal mental and physical performance throughout the workday. In addition, the facilitator will provide guidance on proper workstation setup, including chair and monitor positioning, to promote comfort and ergonomic alignment.	In-Person only
Healthy Breaks	Enjoy a Full Body Stretching and Mobility session to BE Energized and add some self-care into your everyday routine. Led by Certified Personal Trainer and Corrective Exercise Specialist.	Virtual On-Demand
Mindfulness Walks	Employees will be led on a guided mindfulness walk, focusing on tapping into senses and being present minded.	Virtual only
WorkFLOW (Walk and Stretch)	Employees will be led on an invigorating walk outdoors in the fresh air (weather permitting) followed by targeted stretches. Participants will learn how to get the most out of walking and stretching as part of a regular exercise program.	In-Person only

BE NOURISHED **Program Name**	**Description**	**In-Person/Virtual/On-Demand Options**
Check-Up Checklist: Diet and Lifestyle Tips for Better Health	Learn simple lifestyle and diet changes that can help improve your blood pressure, cholesterol, blood sugar, and weight before your next doctor's visit. This presentation offers practical tips to support long-term health and feel your best at every check-up.	In-Person Virtual
Eating for a Healthy Heart	Discover how small changes to your diet can make a big difference for your heart. This presentation covers heart-smart food choices, meal tips, and simple strategies to lower cholesterol and blood pressure naturally.	In-Person Virtual
Eating for Energy: How to Stay Fueled Without the Diet Pressure	Tired of the afternoon slump? Learn how to balance meals and snacks to boost focus, stamina, and energy without strict rules. We'll talk about realistic nutrition strategies that fit into a busy workday.	In-Person Virtual
Eating for Energy: What to Eat to Beat Fatigue	This program will review which foods fuel sustained energy and which ones drain it. Meal timing and planning strategies will be discussed, as well as practical nutrition tips for energizing snacks and meals.	In-Person Virtual
Focus and Fuel: Managing ADHD and Executive Function at Work	Whether you have ADHD or just struggle with focus, this session offers brain-friendly strategies to support energy, eating patterns, hydration, and time management at work. Learn how small adjustments to your environment and habits can make a big difference without relying on willpower alone.	In-Person Virtual
Gut Health for Real Life: What Matters and What Doesn't	Gut health is everywhere, but not all advice is created equal. This session breaks down what really supports gut health (hint: it's not expensive supplements!) and how employees can protect their digestion naturally through simple food and lifestyle strategies.	In-Person Virtual
Healthy Eating for Busy Professionals	This presentation is designed for busy professionals who want practical, time-saving strategies to eat healthier without sacrificing productivity or flavor. Learn how to build balanced meals, make smarter choices on the go, and plan ahead with minimal effort.	In-Person Virtual
How much protein do you really need? Nutrition guidelines based on age, activity, body composition goals.	This program will explain the role of protein in muscle maintenance, satiety, and muscle recovery. Detailed protein needs will be reviewed and how to calculate personalized protein needs. In addition, common myths about protein intake and supplementation will be discussed.	In-Person Virtual
Meal Planning Made Easy	Learn simple, stress-free strategies to plan healthy meals, save time, and make eating well easier every day—no matter how busy life gets!	In-Person Virtual

Protein powders, creatine, and other sports nutrition supplements: Fact vs. Marketing	This program will explain what the science really says about protein powders, creatine, and other common supplements. Information about how to evaluate supplement quality, safety, and effectiveness will be reviewed, as well as, which supplements support strength, endurance, and recovery—and which may be a waste of money. In addition, smart strategies for using supplements only when needed, alongside a balanced diet	In-Person Virtual
Realistic Weight Loss	Forget the fads—this presentation focuses on sustainable, practical strategies for losing weight without extreme diets or unrealistic rules. Learn how to build healthy habits that fit your life and support long-term success.	In-Person Virtual
Snack Smarter: How to Eat Well When You're Busy, Stressed, or On the Go	Busy schedules don't have to mean skipped meals or vending machine crashes. Learn realistic strategies for planning quick, satisfying snacks that keep you energized through your busiest days and why listening to your body matters more than following trends.	In-Person Virtual
Virtual Grocery Store Tour	Take a virtual stroll through the grocery store and learn how to make healthier choices in every aisle. This guided tour will show you how to read labels, pick nutritious staples, and shop smart for your health goals.	In-Person Virtual
"Micro-Sessions" available upon request (3 as a package)	Short mini sessions that last 15 minutes available via Zoom - available as a 3 part (must choose 3 to equal 1 45-minute session)	Virtual only

BE EMPOWERED **Program Name**	**Description**	**In-Person/Virtual/On-Demand Options**
Aging Tips to Help Promote Both Your Mental and Physical Wellness	Take a thoughtful look at how our body changes with age and how our wellness program needs to change depending on our age and physical condition. Age-related changes addressed are metabolism, energy, brain function, memory, bone density, and more. Gain insights on how to follow a wellness program that will "age with you."	In-Person Virtual
Anxiety vs. Stress: Understanding the Signals, Harnessing the Strengths	What's the difference between stress and anxiety - and why does it matter? This session helps decode your body's natural responses, explore their benefits, and learn how to manage each more effectively.	In-Person Virtual
Beyond Focus: A New Lens of ADHD in the Workplace	ADHD is more than just distractibility - it's a different way of thinking, feeling, and organizing the world. This session offers a modern understanding of ADHD and shares strategies to support focus, follow-through, and emotional regulation at work.	In-Person Virtual
Decoding Stress & Anxiety: Practical Strategies for a Calmer, Clearer You	This session blends science and self-awareness to help you better understand your stress and anxiety patterns. Walk away with practical tools to reset your nervous system, quiet your mind, and feel more in control.	In-Person Virtual
Defining Success and What it means to YOU	Success is deeply personal—what it means to one person may differ vastly from another. This topic explores how success can be defined beyond conventional measures like wealth or status, and how individuals can discover what truly drives them. It's about aligning your goals with your values and creating your own path to fulfillment.	In-Person Virtual
Designing Your Zoom Room: Look Polished, Feel Confident & Stay You	This session is all about creating a camera-friendly setup that makes you feel confident and pulled together—even if the rest of the room is chaos. We'll cover practical tips to elevate your Zoom space, improve lighting and composition, and add personal touches that feel authentic, not staged.	Virtual only
Desk-ercise Workshop	This interactive workshop provides helpful tips and desk exercises to offset the deleterious effects of prolonged sitting. The exercises boost energy and allow both mind and body to function at their most productive level. The workshop leader also teaches how to arrange desk chairs and computer screens for a more comfortable and ergonomically correct workstation	In-Person Virtual

Empowerment, Stress Reduction, and Welcoming a "New Normal"	Learn how to use empowerment as an effective management tool, tips for feeling stronger and more confident at work, techniques to reduce stress, and help with adjusting to the “new normal” through mindfulness.	In-Person Virtual
Establishing a Mindfulness Routine for the AM and PM	Learn how to come up with a successful mindfulness routine for the morning and night that is just right for you!	In-Person Virtual
Focus Without the Frustration: Tools for Managing Attention & Distraction in a Digital World	In an age of nonstop pings and multitasking, staying focused can feel impossible. Discover how attention works, why distractions hijack your brain, and what you can do to create better structure, flow and follow through.	In-Person Virtual
Focusing on what you can control: Cultivating Hope	Cultivating hope is a powerful way to navigate challenges and uncertainties in life. One effective strategy for fostering hope is to focus on what you can control. Here you will learn some practical steps to help you cultivate hope by concentrating on the aspects of life that are within your sphere of influence.	In-Person Virtual
From Chaos to Clarity: Time Management for the Neurodivergent & Chronically Busy	Designed for brains that struggle with traditional productivity systems, this session explores ADHD-friendly and realistic approaches to managing time, tasks, and priorities. Learn how to work with your brain - not against it.	In-Person Virtual
Grief: How to support yourself and loved ones	Knowing how to help a grieving co-worker, friend, family member or yourself who has experienced loss through death can be challenging, but there are some things you can do to support yourself and others going through this difficult time. Please join us for a gentle conversation on grief and how we can support each other during these times.	In-Person Virtual
Leading Using Mindfulness	Using Mindfulness to help you become a better leader. Strategies to assist you in your job role to help hear and communicate better with your staff, as well as creative ways to use your voice and presence to achieve your job dreams and goals.	In-Person Virtual
Meditation for Everyone - Being Mindful of your Inner World	There is definitely a meditation practice for everyone! Learn the many ways and choose one or a few that work best for YOU!	In-Person Virtual
Mental Wellness Awareness for the Workplace	Learn helpful tips on how to encourage your workplace to step away from routine stress and toward resiliency.	In-Person Virtual
Mind Over Mood: How to Break the Anxiety Cycle	Learn how anxiety works in the brain and body - and how to interrupt the cycle with simple, eviidence-based strategies. This session offers practical tools to help you calm racing thoughts, stay present, and regain a sense of control during stressful moments.	In-Person Virtual

Mindfulness for the Employee - Awareness of your Outer World	Learn the benefits of being mindful at work, how to be mindful at work, on the go, and with others, and how awareness of what is going on around you & in your work space is so beneficial when making that choice to step into a mindful way of working.	In-Person Virtual
Mindfulness & Meditation - Awareness of our Inner & Outer Worlds	Learn the what's why's and how's as well as benefits of both mindfulness and meditation and how both can help in quieting our inner and outer worlds. We will review many types of meditation practices as well as mindful routines, and touch briefly on intention setting and the importance of peace.	In-Person Virtual
Setting the Speed of your Journey	Taking time to enjoy YOUR ride without comparison or judgement to anyone or anything around you. This is YOUR journey and you get to choose your path and steps. Learn how to set the pace and enjoy YOUR ride.	In-Person Virtual
Slowing Down and Being Present in the Busy World	Learn the benefits of being present in your daily life, how to hold space for others, and ways to stop distractions from steering you off course.	In-Person Virtual
Staying Steady in the Storm: Everyday Strategies to Manage Stress and Prevent Burnout	This workshop teaches you how to recognize early signs of stress and burnout, and equips you with daily habits to restore balance and resilience. Walk away with realistic strategies you can use immediately to feel more grounded and energized.	In-Person Virtual
Strategies to Improve Workplace Communication	Effective workplace communication is essential for a successful and collaborative work environment. Here you will learn some strategies to improve communication in the workplace.	In-Person Virtual
The ADHD Brain at Work: Thrive, Don't Just Survive	Explore the unique strengths and challenges of ADHD in professional settings. Learn how to build structure, manage time, and create routines that energize rather than exhaust you.	In-Person Virtual
The Art of Letting Go	Discover why and how to set daily intentions, practice journaling, and observe thought patterns, noticing when it is beneficial to stop and observe rather than act. By letting go of certain thoughts you can focus on what matters most to you.	In-Person Virtual
The Best Version of You	How to use self-care to awaken your best version, boost self confidence, set goals, and control the speed of your journey.	In-Person Virtual

The 5-Minute Reset: Daily Habits to Shift from Work Mode to Home Mode	This workshop helps you transition out of work mode and into home life with greater ease. Learn how to create a quick, personalized routine to release stress, restore focus, and reclaim your evenings.	In-Person Virtual
The Power of Gratitude	Learn how and why bringing gratitude into your daily life sets you up for living days filled with peace and joy and remembrance for all the good things you have in your life. We will review some gratitude affirmations as well as a fun way to practice gratitude at home or at work.	In-Person Virtual
Vision Boarding - Dream vs Goal Setting	Learn the differences of goal setting and having a dream ... what works best for each one and how to visualize and manifest a dream coming true. This can be a workshop where each employee comes prepared with materials to create their own vision board or just enjoy listening for the future.	In-Person Virtual
Your Space, Your Story: How to Make Rooms Feel More YOU	In a sea of trends, this workshop helps you refocus on what makes your space feel personal and meaningful. We'll explore how to uncover your style, use what you already own in fresh ways, and make small but intentional styling choices that reflect who you are—at home or at work.	Virtual only
"Micro" 15 Minute Workshops	Choose 15 minute versions of all topics above in groups of 3 = 45 min workshop pricing (3 sessions = one 45-minute workshop as far as pricing; must be booked in sets of 3)	Virtual only

WELLNESS FAIRS/DAYS **Program Name**	**Description**	**In-Person/Virtual/On-Demand Options**
Outdoor Team Building Field Day	This fun-filled event promotes teamwork, camaraderie, friendly competition, and physical activity. Among the activities are Medicine Ball Shuffle, Stability Ball Hop, Three-Legged Race, Hula Hoop Step Through, and Ball Toss. Organized as a relay challenge, the Field Day recognizes winning teams with prizes or medals. Held outdoors, weather permitting.	In-Person only
Shine Center "Mind & Body Reset" Employee Event	The Shine Center hosts a one-day healthy living event (fun, interactive, and educational – not clinical or intimidating) where employees can choose an area(s) that interest them the most.	In-Person only