

MINDFUL SUSTAINABILITY EXPERT LIZ RUTLEDGE



"As a person who has struggled with starting a meditation practice, the well organized lessons and exercises Liz provided were perfect for getting me started on the path toward mindfulness."

~MARGOT LABREE
Mom, Yogi, Hiker,
Volunteer,
Substitute Teacher

SIGNATURE TOPICS:

Customizable keynotes and programs to meet your objectives:

- How to Find Calm in the Chaos
- Breathe Like a Butterfly: Mindfulness for Kids
- "Prove It": Mindfulness for Skeptical Teens



OTHER TOPICS AND PASSIONS:

- How to improve focus with Mindfulness Meditation
- Riding the Roller Coaster of Emotions with More Ease and Grace
- Mindfulness about Our Planet
- How to Reduce Your Carbon Footprint
- How to Recycle Right



ABOUT LIZ...

Mindful Sustainability Educator, Speaker, Writer, Community Activist & Mom of Three

Liz Rutledge is deeply passionate about the environment and wellness. She has been doing Mindfulness in one form or another since she was 10 years old. Deeply committed to supporting others to manage stress, she teaches Mindfulness at schools in the Denver area and is Mindful Schools trained. Liz focuses on the evidence-based benefits of Mindfulness and speaks to groups about Mindfulness and Sustainability. Mindful Sustainability is about taking care of Our Selves, Our Community, and Our Planet. Liz also teaches people how to compost, garden, recycle and other sustainability activities. She is experienced in speaking to groups in person and on Zoom.



CONTACT INFO

Call or Text:
303-898-9496

liz@sustainablehappinesstogether.com

@SustainableHappinessTogether



sustainablehappinesstogether.com

AS SEEN ON:



BE CALM IN THE CHAOS

