

FOR IMMEDIATE RELEASE
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LEARN TEN PRINCIPALS FOR RESTORING PERSONAL ENERGY.

ENERGY EQUATION WORKSHOP PLANNED FOR SATURDAY, APRIL 25, 2009

Eastlake, Ohio – Stepping Stones President, Susan Mikolic is pleased to announce a spring workshop and presentation of The Energy Equation Experience. The all day event will take place on Saturday, April 25 from 9 a.m. to 4 p.m. at Forest Hall Conference Room, Lake Metroparks Penitentiary Glen Reservation in Kirtland, Ohio.

Featured speaker is Susan Mikolic who will outline her plan for living called The Energy Equation Experience. This is Susan's personal roadmap to health, peace and balance. The Energy Equation is based on ten core principals that Susan believes lead to personal healing and a reawakening of positive attitudes for anyone who incorporates the Principals into their day-to-day life.

“The Energy Equation System provides an easy to use structure to evaluate how daily lifestyle choices affect one's health, energy, peace of mind, and life balance,” said Susan Mikolic. “Simple and practical strategies are utilized to move one from living in a ‘negative Energy Equation’ where one typically experiences life as draining, frustrating, and defeating, to living in a ‘positive Energy Equation’ where one experiences life as energizing, compelling, satisfying, and fun!”

Susan developed the Ten Principals of the Energy Equation as she struggled against a life nearly consumed by illness, disabilities, family issues and depression. As the Principals emerged to guide her, Susan found that her life was transforming. She was losing weight, no longer needed her many medications and she began experiencing peace and success in all aspects of her life. Susan has never looked back. She has been guiding her life by the Principals of the Energy Equation for more than 7 years. “My passion now is to share The Energy Equation Principals so others can experience a personal transformation, too,” said Susan.

The core of the workshop will focus on cultivating and nurturing energy supplies, beginning with attendees learning how to tune into their body's natural flow of energy. Susan offers practical steps to monitor and sustain energy levels no matter what is going on in one's lives. Participants will become more aware of where and how they invest their energy and learn what steps they can take to renew and restore energy. Susan will also share tools for conducting regular energy audits and creating a step-by-step plan to bring peace back into one's lives.

Registration for the Energy Equation Experience is \$149 for a single registration before April 14, 2009 and \$169 after April 14. Complimentary massages and lunch will be provided. Group discounts are available for two or more participants. Registration is available online at www.theenergyequation.net.

Susan Mikolic is a Registered Nurse (RN) speaker, and coach/consultant. She is president and founder of Stepping Stones Mental Health Educational Consulting and developer of “The Energy Equation System.” She is a member of the boards of the Ohio Department of Education's State Advisor Panel for Exceptional Children (SAPEC), as well as co-chairperson of the Ohio Department of Mental Health Strategic School Success Task Force.