

Life is an adventure. Live it.



SLOW & STEADY



You can do it. A matter of a simple series of daily steps that you take with careful thought and insight into your values. Be aware of the race you are choosing. After all, if you win the rat race, then you are still just a rat. You make choices; however, you can only be empowered to do so when you develop your intrapersonal intelligence to increase awareness.

2 ROGUES

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TAKE CHARGE OF YOU INC.



Stop spinning and start winning.
Take charge of your time, your
anger, your relationships at home
and at work, and find joy and
relaxation.





About Ria Greiff

I started doing wellness before it was a buzz word and its programming so ubiquitous. As the industry grows, services get diluted. Someone who is truly an expert of all areas is hard to come by and someone who truly possesses the knowledge as opposed to just rehashing their scripts is even harder.

My method of delivery I call, "Edutainment" and what I do, You Inc. I am here to give you the tools to build the most important brand in your life, YOU.

Practicing what I preach, I am involved in many civic groups and initiatives, personal enrichment at every opportunity, voracious reader, gardener, raising free-range children, highly selective about what my family eats, physically active, screens light, and a voracious traveler.

SERVICES OFFERED

You will never be as young as you are today, so don't wait another moment to actualize your dreams and yourself and your business. Let me offer you my skilled services to maximize productivity, boost morale, enhance your relationships and soft skills. Develop your instincts. Time to be in charge of yourself.



SEMINARS AND WEBINARS \$350 HR

In-person seminars, at your location, of an unlimited range of topics can be performed for groups of 5 to 500. Clinical Library available with hundreds of titles to choose from. Materials in digital format provided as well. Same for webinars also offered through Webex.



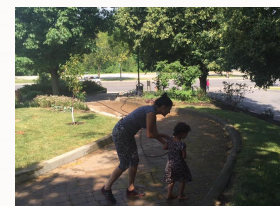
Be the Master of Ceremonies of your life



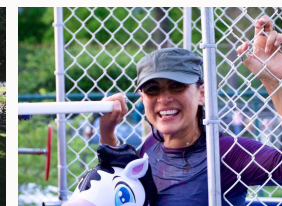
Being around creative and supportive people helps you

APPEARANCES \$2500 DR

National Speaker on Mastering Soft Skills. Motivational and energizing with the ability to engage and transform audiences. Radio Show host and producer of two weekly NPR broadcasts, You Inc. and YouTune who's mission is to elevate the emotional intelligence of the populace.



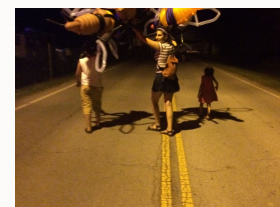
Plant the seeds of change in your life and grow with it



Laughing and loving life are hallmarks of actualization

WELLNESS ARTICLES: \$450 BASE WC

As a writer of published articles on wellness for state publications and magazines, you can request tailored articles to meet your needs. They are written in an enjoyable way to motivate readers to delve into the material and leave with impetus toward change. Quizzes, infograms, and other visually interesting facets included as well as sources and resources.



Your journey awaits you



Producing articles is part of my passion. What is yours