



No two people are alike.

No two stories are alike.

But we all long to live flourishing lives.

We all come to inner and outer obstacles.

**Sometimes we feel
frustrated, stressed, discouraged,
overwhelmed, lonely, despairing.**

Sometimes we need a hand.

Here are the stories of a few people who got a hand.

Chris Zahn's Story



Before I met Elsa, I had wanted to be a writer for years, but I didn't write. With Elsa, with her baby step formula, I started writing.

I also felt disconnected, didn't know anyone else like me, who was questioning things. I was anxious from all the hysteria. I was worried about the future. There was crazy talk about the "New Normal."

I was referred to Elsa and Full Flourishing right then, when I was seeking a like-minded group. I found what I was seeking. A group of thinkers who weren't willing to accept the propaganda we were being spoon fed.

What I found was a group of like-minded people. And I'm connecting with way more like-minded people outside the group.

It has been transformative to work with Elsa and the group. The world had gone insane. Elsa and the group were a breath of sanity.

We learned a lot from each other. I learned much more quickly than I would have on my own.

Elsa and the group are very caring. This encourages engagement. I'm encouraged to engage within my sphere of influence about everything.

I recommend Full Flourishing and Elsa's ACE method (Awareness, Caring, Engagement) for everyone.

Chris Zahn, *friendly guy who can't help being logical*

Maria Nardi's Story



Dr. Schieder's "Getting There From Here" was a wonderful experience for me. Many times, people don't take initiatives simply because they don't know what to do or how to start.

Dr. Schieder has a way of helping people not only define what it is that is holding them back, but she provided a framework for activation and execution of goals.

Our group meetings were engaging and fun.

It gave me the motivation and support I needed to formulate a plan.

Once I began the process, the stress of feeling static left me and instead I was energized and renewed with a deep sense of purpose.

I highly recommend her program for anyone wishing to take their goals from thoughts to concrete action.

Maria Nardi, *software developer*

Mary Andrew's Story



When I came upon Elsa's work, I had been galvanised to protest by the horrific slaughter of children in the Manchester bombing.

But I felt isolated, downcast and daunted by the mountainous size of the problems.

I have always been utterly anti-racist, but because it involved terrorism, my friends thought I had become a bigot.

I didn't know what to do.

Elsa's amazing, inspirational work has become a beacon of light to me, and her friendship has furnished me with the encouragement and support (and occasional rap over the knuckles!) which I desperately needed to become tougher, more confident, and much more active.

I no longer feel alone; united we stand!

Thank you, Elsa, so much for all you have done to embolden me, and nurture my development. I am truly grateful!

Mary Andrew, working for a voice in mainstream politics

Jane Bayler's Experience



Elsa is a strong and wise leader who has inspired me massively with her commitment to humanity and her powerful leadership.

She is super smart and at the same time very compassionate and caring.

She is utterly dedicated to the advancement of justice and human rights, and ending unnecessary suffering in the world.

Elsa will truly help you to flourish and achieve your full potential both as an individual and in the context of your wider role in society.

I encourage you to engage with Elsa who will help you to flourish fully as a human being and reach your highest potential in terms of the impact you make in the world.

Jane Bayler, entrepreneur, proud cancer survivor, marketer and trainer who helps thought leaders and experts generate impact and authority through their online presence and communications.

More Voices

Ramachandra B. Abhyankar



Elsa has a unique talent to clarify issues and motivate people.

Elsa has also taught me to not give up even when confronted by obstacles.

She is an inspiration and an example!

Ramachandra B. Abhyankar, *associate professor*

Nicole Davidoff



Elsa is a spiritual healer and a brilliant writer and thinker.

And her **music videos** are a reminder that there is a beauty in this world too!

She is also for me a pillar of strength and a voice of reason.

Nicole Davidoff, *passionate advocate of human rights and freedoms, passionately against any ideology that is totalitarian, cat lover*



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Discovery Call**

3 possibilities:

- * individual**
- * couple**
- * group**

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came to develop
Full Flourishing**

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about Full Flourishing**

**Click here for much more
about Elsa**

