

A silhouette of a person stands with their back to the camera, arms raised in a gesture of triumph or connection. They are positioned against a bright, hazy sunset sky. In the background, a range of mountains is visible, with some peaks emitting wisps of white smoke or steam. The overall mood is one of hope, achievement, and a deep connection to nature.

CARNELIAN CONNECTION

WELL-BEING THAT GETS RESULTS.

The Mission: To specialize well-being

The Philosophy: To do more with less stress

The Belief: Specific application using the science of well-being enhances productivity

The Experience: Over a decade of expertise offers smart tools & proven results

OUR JOURNEY



Helping Leaders & Teams Make the Best Use of Their Time, Budget, and People by Blending Well-being and Performance

Bringing well-being into the workplace was a vision of ours long before it became a mainstream idea. We've carved a path to help professionals do more with less stress.

It's been an honor to deliver services for well-being and performance to some of today's top companies and leaders. We are proud to have loyal clients and proven results.

Our business has evolved since its inception and our fundamental principles have stayed consistent.

- Help leaders achieve their goals with less stress**
- Work with integrity, confidentiality and respect**
- Be a trusted resource for HR Professionals**
- Use science to help people connect**
- Increase Productivity with intelligence**
- Make Stress Reduction Fun**
- Practice what we preach**

Snapshots of our Successes

99%

of participants in our
COVID Healthcare stress
reduction course saw a
***reduction in feelings of
nervousness and stress***

4000+


attendees at the World
Business Forum benefited
from our Mindfulness
instruction and speech

7+

years our longest standing
corporate client has been
with us since our
inception

****5****

star reviews for our
services demonstrate our
standard of excellence

A person is standing on a grassy hill, looking out over a valley at sunset. The sun is low on the horizon, casting a warm glow over the scene. The valley below is filled with houses and trees, and the sky is a mix of orange and blue. The person is wearing a dark jacket and pants. The text is overlaid on a semi-transparent orange rectangle.

"I believe that this program gave our team a competitive advantage. Christina took the time to understand our challenges, and was able to effectively work with our associates to improve both their mental and physical well-being."

JIM SCARFONE, VP Human Resources @ KIND Snacks

Over the Years





YOUR TRUSTED RESOURCE

Christina Dufour is the Founder and Chief of Well-being and Performance at The Carnelian Connection. She has made it her personal mission to understand what it means to do more with less stress. Christina has a passion for both business and mind-body, a background in Finance and Business Development, and holds a degree in Business Management and Organization. She has extensive certifications in meditative modalities and energy work practices. In her quest to understand the mind-body connection while enhancing performance from a foundation of well-being, Christina has spent over a decade studying and practicing mindfulness, meditation, yoga, neuroscience, psychology, dance, improv, and theatre. She applies her experiential learning in business settings through corporate training and coaching services to make stress reduction and productivity easier for you.



OUR SERVICES


INDIVIDUALS

Individual Coaching gets you weekly 1:1 attention with Christina to enhance performance and reduce stress

Key Focus Areas for Individual Sessions

- **Develop Presentation Skills**
 - Find your voice, embody a commanding presence, and speak authentically
- **Reduce Stress and Be More Productive**
 - Learn how to regulate your nervous system and be productive while maintaining inner balance
- **Improve Leadership Skills**
 - Based on your needs you can enhance your communication, work better with your team, stretch your goals, stimulate career progression, and stand out from the crowd
- **Explore Spiritual Living**
 - Access your intuition, follow guidance from your spirit, and deepen your sense of connection, joy, and purpose

Virtual meeting (in-person by request), once per week @ 60 min, weekly exercises provided, paid monthly

A person is silhouetted against a vibrant sunset sky, standing on a dark, rocky outcrop. Their arms are raised in a gesture of triumph or joy. The sky is filled with soft, golden clouds, and the sun is low on the horizon, creating a warm, glowing light. The overall mood is one of accomplishment and inspiration.

"I couldn't possibly recommend Christina more highly. I have grown so much working with her. Her insights, teachings and tools are like nothing I've experienced. Since we started working together I've expanded my business, strengthened my personal relationships, and developed a deeper trust in my own intuition (She even helped me run a marathon!). Whatever we talk about or work on always benefits so much more of my life than just the particular thing we discussed."

JENNIFER GEYER, Corporate Consultant

ORGANIZATIONS

Corporate programs help leaders and teams make the best use of their resources with the science of well-being to enhance productivity and get results. HR professionals get a one stop shop for wellness and performance initiatives with programs that can increase engagement and drive cultural change.

Key Training Topics for Corporate Programs

- Stress Reduction & Productivity
- Mindfulness in the Workplace
- Presentation Skills
- Building Your Own Brand/Finding Purpose in Your Position
- Change Management
- Communication Skills (Giving/Receiving Feedback or Conflict Resolution)
- Mid-Management Leadership Development


ASK ABOUT VIRTUAL COURSES


Nursing Teams can access an online course with video, PDF print-out, and guided recording content
This course has already shown statistically relevant results for reducing stress at Wisconsin School of Nursing and is currently part of an ongoing stress study at Columbia University

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🏆 Leaderboard

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CARNELIAN  CONNECTION

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Foundational Attitudes - Commitment

🕒 5 Lessons

WEEK ONE: Grounding, Centering, Replenishing

In week one you will be focusing on grounding, centering and replenishing. Learning more about what drains your energy and what attitudes are supportive for optimal states of mind-body.

0% complete

1 Foundational Attitudes - Commitment

2 Foundational Attitudes for Mindfulness


3 Energy Management

4 Energy Drainers and Energy Replenishment

5 Practice Journal and Links

(jump to another module)

Next Lesson >



02:57

Commitment: cultivating devotion to having a healthy relationship with your own mind, body, and spirit as well as taking responsibility for your practice.

"Inviting, inclusive, informative. Good information, covered lots of points without overwhelming the audience."

"Would recommend this to anyone in a corporate working environment, I learned a lot of great tricks to combat stress and stay present!"

"Christina was a super instructor with lots of great suggestions, thought provoking questions and information that will ultimately assist our teams stress management. Thanks for a great session!"

Participants from our trainings @ Cannondale/Dorel Sports Group

CONSULTING

Guidance and support from an industry leading expert

Key Focus Areas for Consulting

- **Create a Culture Balanced in Well-being & Performance**
- **Make the Best Use of Your Resources (Time, Budget, & People)**
- **Support your team and culture to support reconnecting in-person**
- **Enhance Social and Emotional Intelligence into your organization's culture**
- **Develop a Results Based Customized Training Program Specific to Your Company Goals & Culture**

SPEAKING

Christina brings inspiring and informational talks to today's top organizations and events

Key Note Topics

- Reducing Stress to Increase Productivity
- Performance Starts from Within/Building Your Own Brand
- Work-life Balance is a Myth
- Enhance Equity with Self-Awareness and Collaboration
- Work with Purpose & Passion for Good Stress
- Leadership's Responsibility to Well-being

A person in athletic wear stands on the edge of a large rock, arms raised in a celebratory gesture. The background is a soft-focus sunset over a mountain range, with warm orange and yellow light filling the sky. The scene is partially obscured by a dark, semi-transparent rounded rectangle containing text.

"Christina provided clear and actionable tips on how to focus and better prioritize both of personal and professional worlds. The workbook provided was a helpful tool and guide as we went through the workshop and she was quick to offer post-workshop support/Q&A. The team felt it was a valuable use of our time and have the knowledge/tools we need to make concrete changes moving forward to improve our output."

Corporate Training Participant @ Cannondale

CORPORATE CLIENTS



cannondale

World
Business
Forum

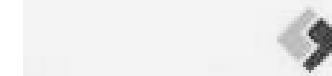


POWERED BY **WOBI**
World of Business Ideas

MidOCEAN
Partners



Eat Well Global



SummerStreetAdvisors



ATL
PARTNERS

HOMER



LAPINE



WHAT IS THE PROCESS?

Getting Started is Easy...

1. Book a free initial consult



[Schedule an Initial Consultation Here](#)

2. Choose your offering

- Individual Coaching
- Well-being Consulting
- One-time workshop
- Multi-session training
- Keynote Speaking

3. Schedule your offering

Future Outlook

Our experience servicing individuals and corporations in well-being and performance has allowed us to craft smart training solutions that help HR professionals and teams make the best use of their resources.

We've learned that the virtual platform options available today are not getting ample engagement or creating change the way leaders hoped for. Employees want a personal connection to their trainer and they desire tools that are tailored to their industry and specific work tasks.

In an effort to continue providing the best in well-being and performance while meeting the needs of our clients we are gearing up to develop a team of trained professionals who can provide these services with as much passion and purpose as Christina.

Ask us how you can become a facilitator with the Carnelian Connection's unique training programs.

WHAT IS CARNELIAN?

Everyone wants to know what in the world is Carnelian?

Carnelian is a Mineral Often Used as a Gemstone

- It is known as the sunset stone
- Warriors would wear Carnelian to give them courage in battle
- Can cleanse away the day and reinvigorate your strength
- Boosts Vitality, encourages creativity, and is stabilizing
- Increases self-confidence and awakens your personal power
- It enhances the flow of life-force in the body and encourages well-being
- It's Christina's favorite of all the gemstones



CONNECT WITH US



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[Schedule an Initial Consultation Here](#)

The background of the image features a silhouette of a person standing on a mountain peak, with their arms raised towards a bright, low sun. The sun creates a strong lens flare and illuminates the scene with a warm, golden light. Below the person, the landscape consists of rolling, hazy mountain ranges. The overall mood is one of inspiration, achievement, and connection with nature.

CARNELIAN CONNECTION