

GSD WELLNESS CODE

**WELLNESS IS MORE THAN PHYSICAL HEALTH –
IT'S A WHOLE SYSTEM.**

***YOUR 8-STEP FRAMEWORK TO
OPTIMIZE PRODUCTIVITY,
WELLNESS, AND BALANCE***





WHAT IS IT?



YOUR NEXT LEVEL OF SUCCESS DEMANDS A NEW LEVEL OF SELF-CARE

The **GSD Wellness Code** is your 8-step framework for **SELF CARE**, designed to help high-achievers reset their energy, refocus their mind, and reclaim their life — without adding more stress to their plate.

Blending psychology, wellness, and AI, this framework gives leaders and teams actionable strategies for sustainable success.



KEY BENEFITS INCLUDE:

- ✓ Optimize productivity & energy
- ✓ Prevent burnout
- ✓ Create balance & focus
- ✓ Strengthen leadership & culture



GSD

WELLNESS CODE



THE 8 DIMENSIONS OF WELLNESS

- S**  **SOCIAL**
Cultivating meaningful connections and fostering a sense of community
- E**  **EMOTIONAL**
Mental Wellness – Managing stress, emotions, and mental health
- L**  **LIFESTYLE**
Intellectual Growth - Honoring cultural identity and heritage
- F**  **FINANCIAL**
Effectively managing finances and alleviating stress from the past, present, & future
- C**  **CARE**
Focusing on movement, nutrition, and quality sleep to support overall physical health and well-being
- A**  **AWARENESS**
Embrace your power to shift the energy in a room, seeking purpose and connection that feels right for you
- R**  **RELATIONSHIPS**
Cultivating meaningful connections, deeper intimacy, fostering open communication, and greater self-awareness
- E**  **ENVIRONMENTAL**
Designing sustainable, supportive spaces that incorporate natural light & fresh airflow while minimizing exposure to household chemicals & everyday products for your body



HOW WE DELIVER



WORKSHOPS

Interactive, psychology-based training for teams & groups



RETREATS

Immersive experiences to reset, recharge, and reconnect



SPEAKING

Keynotes & Talks that inspire and give practical takeaways



EVENTS

Wellness-infused experiences that elevate your celebration with intentional movement and energy



From classrooms to conference stages, from intimate retreats to large-scale events, there's a way for everyone to experience the GSD Wellness Code.



WHY I CREATED THE GSD WELLNESS CODE



I know what it feels like to run on empty. For years, I put work before my health, and my body kept score. Then came my wake-up call during COVID, when I thought my time was up.

That experience shifted everything for me. I lost over 130 lbs, rebuilt my energy, and discovered that true success starts with how you take care of yourself.

***"Movement** saved my life. Now, I help others reset their energy, refocus their mind, and reclaim their life; one intentional step at a time."*

The **GSD Wellness Code** is the system I wish I had years ago. It's built around eight dimensions of wellness that move beyond diet and exercise into every area of life, making it simple.

It's about small, consistent actions that create lasting transformation. And it works; because I've lived it, and I've seen it change the lives of countless others. Now can I share it with you?



GET STARTED TODAY THIS COULD BE YOU!



Press **Play Button** below to watch NOW!

12 Month **Transformation** in 60 sec.



CLICK TO VIEW CASE STUDY



GSD WELLNESS CODE

IS THIS FOR YOU?



LET'S GSD TOGETHER

Click below to explore ways we can work together and make an impact today!



BOOK ANGELA TO SPEAK



HOST A WORKSHOP



JOIN A RETREAT



YOUR INVESTMENT



SPEAKING

Inspire your audience with real stories, **actionable strategies**, and a fresh perspective on wellness and productivity.

My keynotes blend psychology, movement, and practical takeaways to spark lasting change. Helping your people reset their energy, refocus their mind, and **reclaim their life.**



WORKSHOPS

Bring the **GSD Wellness Code** to your team in an interactive, hands-on format that is fun and actionable.

These workshops go beyond theory. Walk away with tools that you can apply immediately to improve performance, prevent burnout, and **create balance** at work and home.

Designed for leaders, teams, and organizations ready to grow and thrive to GSD.



RETREATS & EVENTS

Step away from the noise & immerse yourself in a transformational experience.

GSD Wellness Retreats combine movement, mindfulness, and cultural connection to **help you reset**, recharge, and reawaken your best self.

It's more than a getaway, it's a life reset in a supportive community that feels like family.

Every event and experience is unique, your investment will be customized to align with your specific goals that deliver maximum value and transformation.





MORE DETAILS

Don't worry, **we've got you** 😊

You don't have to do this alone, we're here to catch you.



Send us an email to book a discovery chat with a GSD team leader.

Let's **GSD** together!

CLICK TO SEND AN EMAIL



We have been committed to sustainability within our company through paperless practices to eliminate waste and increase productivity since 2001. We continue to eliminate waste and share best practices with our community as GSD grows.



GSD Creative is a proud supporter of Operation Rose, whose mission is to educate and create actionable solutions to preventing and combating human trafficking in the United States. Operation Rose is a non profit offering free workshops in the hospitality community to educate, prevent and combat human trafficking.

