

ENLIGHTENING. EXPERIENTIAL.

Finding Balance Through Movement

Faye Laroux helps others connect to their bodies to find clarity in the unknown and victory through challenges. Using techniques learned from thousands of hours of self-discipline and personal discovery while moving across hardwood floors and gripping a ballet bar, to performing in front of thousands of theatergoers, Faye threads together stories of overcoming insurmountable odds while teaching individuals and groups how to excel under pressure and thrive in a hectic world by training their mind to stay connected to their bodies.

A Faye Laroux talk invites people to experience how paying attention to their bodies can facilitate a state of equilibrium that decreases stress, improves focus, and enables people to become more authentic and effective leaders whether they are leading a company, a team, or just themselves.



FAYE'S TALKS:

Mind-Body Connection for Peak Performance

TECHNIQUES FROM STAGE TO REAL LIFE

Discover how connecting with your body can lead to mental clarity, reduced stress, and enhanced leadership. Faye Laroux, with insights from thousands of hours of disciplined practice and performance, will guide you through techniques that channel your inner strength and help you overcome challenges. Learn to sustain focus and become a more authentic leader in every aspect of your life.

Unlock your Potential

TRAINING THE MIND THROUGH BODY AWARENESS

In this transformative session, Faye Laroux teaches you how to harness the power of body awareness to unlock your true potential. Through practical techniques and personal stories, she'll show you how to release subconscious blocks and train your mind to stay grounded in your body. This talk promises to leave you feeling empowered and ready to thrive under any circumstances.

The Art of Thriving

FINDING CLARITY AND LEADERSHIP THROUGH BODY CONSCIOUSNESS

Step into a world where the mind and body work in harmony to create a state of equilibrium. Faye Laroux demonstrates how body consciousness can lead to improved focus, decreased stress, and effective leadership whether you're guiding a team or managing your own journey. Discover the essential toolkit for maintaining a strong mind body connection and excelling in a hectic world.

Key Points Faye will Share

- Techniques train the mind into the body
- How to unload subconscious blocks
- The essential toolkit to sustaining connection to the power within



About Faye

Faye faced early physical and emotional challenges, including inward-facing knees and severe anxiety.

Determined to transform, she studied ballet to correct her body alignment and used mental imagery to shape both her physique and perspective. By 17, her dedication led to recruitment by American Ballet Theatre, where she performed globally and worked with renowned choreographers like Twyla Tharp, Mark Morris, and Alexei Ratmansky.

During her dance career, Faye discovered Hellerwork, a healing modality that deepened her emotional and physical awareness. By 26, she became a certified practitioner and began empowering others. Her career highlights include dazzling performances in Copenhagen, guest appearances with The Washington Ballet, and a starring role on Broadway. However, personal struggles, including an abusive marriage and coerced involvement in an underground cult, initiated a profound journey of recovery starting at 37.

Through these adversities, Faye developed a unique ability to accelerate growth by combining the body wisdom she honed during her ballet career with the mind's connection to this inner wisdom. She discovered that presence and radical transformation come naturally when one is connected to their inner power.

Today, Faye shares her transformative insights and practices, helping individuals overcome challenges, reclaim their inner knowing, and accelerate their leadership vision. She believes that true leaders, those who change their own lives and those of others around them, understand that the world resides within them.

Faye helps you cultivate and unleash the leader within.

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FayeLarouxSystems.com