



Mind Body Education

Holistic Success Hub - Resources

Webinar Outline Template: "Holistic Health Basics"

Use this structured webinar outline to attract clients by delivering engaging, educational, and value-driven holistic health content.

In planning your webinar, consider what you 'offer' is. That is to say, what do you want your participants next move to be after the webinar?

Webinar Title: Holistic Health Basics – Embracing Whole-Person Wellness

Duration: 60-90 minutes

Introduction: (5-10 minutes) Welcome participants warmly

Brief introduction of yourself (credentials, expertise, passion)

Overview of webinar objectives

Part 1: Understanding Holistic Health (10-15 minutes)

Define holistic health clearly and simply

Explain the importance of integrating mind, body, and spirit

Highlight the benefits of holistic approaches (preventative care, emotional wellbeing, sustainable lifestyle)

Part 2: Key Elements of Holistic Health (20-25 minutes)

Nutrition and diet (brief overview, whole foods approach)

Movement and exercise (gentle, sustainable practices)

Mindfulness and stress reduction (basic mindfulness techniques)

Emotional wellbeing and self-care practices

Importance of restful sleep and relaxation

Interactive Activity: Guided Mindfulness Exercise (10 minutes)

Lead participants through a simple mindfulness or breathing exercise

Discuss immediate feelings and benefits experienced

Part 3: Implementing Holistic Habits (10-15 minutes)

Practical tips for incorporating holistic practices into daily life

How to set realistic and achievable holistic health goals

Overcoming common challenges and maintaining motivation

Q&A Session (10 minutes)

Open floor for participants' questions

Provide supportive, clear, and practical answers

Call-to-Action (5 minutes)

Share your holistic therapy offerings (services, consultations, workshops)

Invite participants to book a complimentary discovery session or sign up for your newsletter

Provide your contact details and social media handles clearly

Closing (2-5 minutes)

Thank participants warmly for attending

Provide details for next steps and upcoming events

End with an inspirational holistic wellness quote or affirmation

Remember to send a 'thanks for attending' email to all participants with a what-to-do-next prompt to encourage them to move toward your offer.