



Solutions for business prosperity and successful life balance

Contact: Betsy Muller
p/f 440-238-4731
betsy@theindigoconnection.com

For more information: www.theindigoconnection.com
Betsy Muller 440-238-4731

The Indigo Connection to Hold Breakfast for Positive Energy and Networking

Networking and Rapid Self-Improvement Ideas are Benefits to Expect

Strongsville, Ohio – (August 3, 2009) – The Indigo Connection will kick off it's new membership year with a women's networking breakfast on Wednesday, August 12, 2009 from 8-9:30 AM at the Middleburg Heights Community Center. Admission is \$15 for Indigo Connection members and first time attendees. Reservations are required and can be made online at www.theindigoconnection.com or by calling 440-238-4731.

Indigo Connection Founder Betsy Muller said the event is open to all women curious about membership. The August meeting is designed to allow members and guests to share their latest news while also getting to know each other better through games and energy connection exercises. "If the word 'networking' makes you cringe, don't worry! This will be fun and easy through activities that allow everyone a chance to catch up and get acquainted. ", says Ms. Muller. Indigo Connection events are open to all interested women. The breakfasts are held on the 2nd Wednesday of each month at the Middleburg Heights Community Center (just east of I-71 on Bagley Rd.).

Muller created The Indigo Connection to share ideas so that local women could lead more balanced, prosperous and successful lives by providing regular networking breakfast meetings, synergistic relationships with women from diverse backgrounds and stimulating topics for personal, business and spiritual growth. As a group, Indigo Connection members share common values including health, relationships, positive living, generosity and gratitude.

Muller explained how the Indigo Connection is different from other networking organizations. "It's a business event with personal benefits. Members come for networking as well as interesting topics that help them improve themselves personally and professionally." Member benefits include: discounts on monthly networking meetings, workshops, retreats and other group events; ads in the monthly newsletter and other opportunities to promote products and services; listing and links on the Indigo Connection website; and access to the member directory.

Members include corporate attorneys, accountants, home-based business women, entrepreneurs, health professionals and fitness experts. Annual dues are \$30 for individual memberships and \$60 for business memberships. Membership runs August 1 through July 31.

A recent survey of members revealed that the primary reason they attend the meetings was for networking, followed very closely by interest in the topics presented. The most popular topics were Law of Attraction, Life Balance, Achieving Goals, Stress Reduction and Confidence Building. Asked why they feel membership in the Indigo Connection is valuable, nearly 90 percent replied "networking." Other top answers were "interesting topics" and "I leave feeling great."

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“There’s a lot to be said for starting the day by meeting with positive people,” Muller reflected.

Members have offered the following testimonials:

- *“I am always looking for more balance in my life and new techniques. I find answers here.”*
- *“New ideas I can use immediately.”*
- *“Personal growth, positive energy and networking are a great combination.”*
- *“I love the lasting friendships and connections.”*
- *“I always leave feeling uplifted’.”*
- *“I feel it provides invaluable lessons in health and wellbeing.”*

Muller founded the Indigo Connection originally as a way to make her coaching services accessible.

“Group coaching is more affordable than personal coaching yet offers many of the same benefits.” Over time, though, the meeting format has evolved and now includes guest speakers on a variety of topics of personal and professional interest to members, including marketing tips, “waist management” techniques, and letting go of past hurts and disappointments.

Muller is a Certified Energy Health Practitioner (C.EHP) and one of only 3 in Ohio Certified in Emotional Freedom Techniques (EFT). “I teach people ways to integrate deliberate energy balance into daily life to address challenges with work productivity, relationships, food cravings, stress, and mental clarity,” said Muller. “The results are often rapid and provide a vital new set of ‘survival tools’ to help us thrive in this competitive world.”

EFT is one of the most commonly used Energy Psychology therapies and involves tapping on specific acupuncture points to gently realign the body’s energy. Believing that emotional and physical health conditions are related to disturbances in the body’s electromagnetic energies and energy fields, it incorporates established psychological techniques as well as non-Western systems for healing and spiritual development. EFT is sometimes referred to as “acupuncture without needles.”

For more information on The Indigo Connection, contact Muller at betsy@theindigoconnection.com or 440-238-4731.

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About Betsy Muller

Betsy Muller is a holistic coach, ACEP Certified Energy Health Practitioner, Certified EFT Practitioner, Certified Energy Coach, author and speaker based in northeast Ohio. After decades working in a variety of traditional business and healthcare management settings, life changed in 2001 when she discovered energy psychology techniques at the [Association for Comprehensive Energy Psychology’s](#) conference in Switzerland. Since then, her passion has been to help others enjoy balanced and purposeful lives by integrating energy modalities into life and business applications. Her company offers seminars for healthcare professionals, life and business coaching by phone and in person, group training programs and networking events for professional women. Ms. Muller holds a BA in Chemistry and an MBA in Systems Management. Betsy also serves as President of the Middleburg Hts. Chamber of Commerce and also on on the ACEP Board of Directors as Communications Chair.



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