



The Five Realms:

A FRAMEWORK FOR WHOLE-PERSON HEALING

Professionals often pour energy into one area of life while neglecting others, leading to imbalance, disconnection, and a sense that something essential is missing from their well-being.

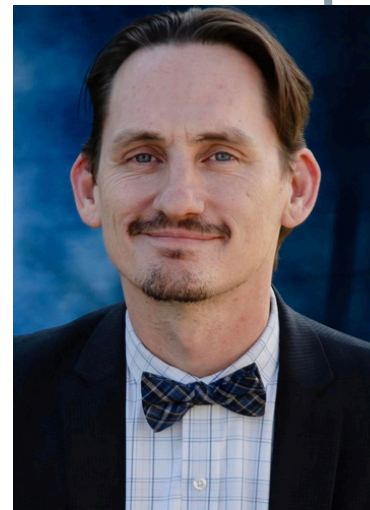
True well-being is never one-dimensional. In this transformative session, learn a framework for healing across The Five Realms: *physical, emotional, social, spiritual, and sexual*.

Drawing on more than two decades of clinical experience, Ryan M. Sheade, LCSW helps participants see how the realms are interconnected, everyday choices ripple through each one, and intentional integration cultivates greater balance, strength, and authenticity.

Through powerful stories, clinical insight, and real-world strategies, Ryan offers a fresh perspective on how to move beyond survival and cultivate a life and career rooted in health, authenticity, and meaningful connection.



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Learning Objectives

- Define the Five Realms framework and explain how each realm contributes to overall well-being
- Identify the signs of imbalance within and across the physical, emotional, social, spiritual, and sexual dimensions
- Analyze how everyday choices in career, health, and relationships impact multiple realms simultaneously
- Apply practical strategies to restore alignment and strengthen authenticity in personal and professional life
- Develop a plan for cultivating whole-person health using the Five Realms framework

SUGGESTED AUDIENCE:

All Professionals

SUGGESTED FORMATS:

Full or Partial Day;
Lecture, Workshop, Keynote