



WELCOME TO
*Your MaxLiving
Experience*

A note from your MaxLiving Team Coaches

Welcome!

We're thrilled to have you join us for your first ever MLX! To ensure you make the most of the weekend, we've compiled some tips and key highlights for you. Throughout the event, we encourage you to introduce yourself to our dedicated MaxLiving Team Coaches, whose photos and brief information are included in the following pages. Take some time to review the schedule and familiarize yourself with the various opportunities available to connect with like-minded MaxLiving CAs. Don't miss the CA Social, which takes place on Thursday right after the final training session - it's a fantastic chance to meet and mingle with everyone.

We believe there's something truly special about our network & the passionate individuals who make it up. We're delighted to have you part of our community & hope you enjoy the weekend!

We can't wait to meet you!
Your MaxLiving Team Coaches



Go to *philosophy night*, you won't regret it!

In 2014 I showed up for my first MaxLiving seminar. I was a nursing student that had taken a job at a MaxLiving office and after a month of working there had jumped on a plane to see what their whole MaxLiving network was all about. At the time I didn't fully understand what the chiropractic principle was - but was passionate about health and serving people.

I sat in session after session that weekend and was challenged in my paradigm. Walls of beliefs that I had stood on my entire life began to come down as God softened my heart to what was being shared by the speakers and leaders.

A pivotal piece of that for me was philosophy night. Friday night at MLX we gather to hear chiropractic principles and expand our minds together to the brilliant design of the body. We hear more about green books - what they are and what they say. We leave feeling more embedded in the knowledge that the power that made the body heals the body.

I have attended over two dozen philosophy nights since that first one. Each time I'm inspired and challenged in a new way. It's not an MLX seminar without sitting in philosophy night! Make sure you get there! And come high five me!

Brittney Robrahn
MaxLiving Team Coach
MaxLiving CA of the Year 2018





Hilary Poyer
MaxLiving Team Coach
MaxLiving CA of the Year 2019

Exchange numbers with someone new

We are made for community. Community is where growth happens and connections are fostered. Over the course of the decade of being a CA - through the good times and hard times - my MaxLiving community has been what has focused me and reminded me of my purpose.

Seminar is where a lot of that community starts. Exchange numbers with some new people. Connect with other offices. Start texting, FB messaging or Marco Poloing together to stay connected during the months we are apart.

Some easy ways to do this is to start with some meals or coffee together at seminar. See each meal as a chance to connect with someone new. We're all really friendly, like minded people - come say hi anytime!

Silence all excuses

What's my favorite part?!

At MLX - the workouts are my favorite. Sweating and pushing myself hard with my MaxLiving Family expands my mindset and reminds me again what I'm capable of.

My life has been transformed through the 5 Essentials®. As a 10 year MaxLiving CA, I spent 8 of those years being held back by not giving my all. I knew I had more in the tank as I hadn't committed to all 5 of the Essentials and had some weight on that I knew was holding me back.

In 2019 I went to a MaxLiving Camp and made a commitment to eat according to our ML Nutrition Plans for 365 days. Over the course of the next year I lost 85 lbs and transformed the way I thought about myself and what I was capable of. My body transformed, but more so my mind did - I knew that I was now living within my full God-given potential.

Join us at 6am for the workout this weekend. Set your alarm right now.

Silence any excuses and **JUST SHOW UP.**

The only workout you ever regret is the one you didn't do.



Sarah Keith
MaxLiving Team Coach
MaxLiving CA of the Year 2020

Participate in *Weekly* Team Network Calls

MLX is where I come to recharge. I have been a part of the MaxLiving Mission for over two decades, but I still find that these weekend experiences with my ML family are what sustains me and keeps my cup full. I show up with the intention of being poured into, so I have a full cup to pour from for my patients and community. One of my favorite MaxLiving Core Values is “life together” and weekends at MLX gives me the opportunity to make connections and foster relationships with like- minded teams that are on mission to change lives.

When we aren't at MLX together, I stay connected through our Facebook groups and through our team network call. The team training call airs live every Wednesday at 2 pm EST in our [MaxLiving CA Facebook group](#). The calls are packed with relevant content and inspiring ideas. Commit to watching it live to stay connected each week to your ML family.

Kimberly Roberto
MaxLiving Team Coach
MaxLiving CA of the Year 2017





Have an open mind and *go all in!*

I attended my first MLX in January 2010. I remember being nervous because I was unsure what to expect. I also recall feeling excited because there was such a great energy and everyone was super passionate about helping people live their best lives. I can still vividly recall my first experience “line training” because it totally got me out of my comfort zone; I was only at my office two weeks before attending that event. Not only was I unsure what to expect, I quickly found myself role playing the scripts and patient process with other CAs that I had never met. At the moment I was uncomfortable, but I did it and actually had fun doing it. I got so much out of training that weekend because I kept an open mind, went all in, and participated as much as possible.

After serving as a CA for nearly a decade, I transitioned into my role at the MaxLiving home office as the Team Development Program Manager. Each team has access to a Regional Support Team (Find out more about these teams on the next page).

Your Regional Support Teams will always be your main point of contact, however, I am always happy to help and enjoy meeting new CAs. If there is ever anything you need, please do not hesitate to reach out.

Emily Holder

Regional Analyst &
Team Development Program Manager

How to *stay connected* to your MaxLiving Community:

- Your Regional Support Team is here to assist and connect you with valuable resources to help you excel in your role and achieve your goals. Need to reach out? No problem! Email support@maxliving.com and we will get you connected with them.
- Join our [CA Network Facebook group](#) to stay connected with fellow CAs nationwide. It's a great place to share ideas and ask questions within our community. If you do not have access yet click the above hyperlink to request access or contact support@maxliving.com for assistance.
- Don't miss our Weekly Team Training Calls led by our Team Coaches every Wednesday at 2pm EST LIVE in our CA Network Facebook group.
- Our Learning Management System (LMS) is our online university for all things MaxLiving. Access this training portal via maxliving.training or download the Go-Learn App to watch on your phone on the go.
- Explore courses like MaxLiving 101, Patient Processes, Communication Rhythms, The Triple Promo, and more! We recommend starting with The MaxLiving Fundamentals Certification and progressing on courses from there related to your goals.
- Be sure to plan your calendar around our upcoming events. We host MLX seminars 3 times a year, along with Camp Transformation events as well. Camp Transformation is a weekend event focused on personal development, self-reflection, and growth. Talk to your doctor about the opportunity to attend these events.

Regional Team



April Flamer-Harris
Regional Manager



Katie Parks
Regional Manager



Emily Holder
Regional Analyst
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Program Manager



Aaron Steele
Regional Analyst
& Coordinator



Jeannine Cassidy
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