

Turning 'Yuck' Into 'Yuks' – Staying Sane When the Chaos of Change Reigns

We're in an era that makes most of us wish for "the good old days" - when the economy isn't bouncing like a rubber ball and unemployment is less like a roller coaster ride in the dark. Add the craziness of daily life and you've got enough stress & uncertainty to pop an artery before you even get out of bed. Join the presenter, a professional leadership & life coach, for a "perspective makeover" that will get you through the Manic Mondays (and all the others) with a smile on your face.

By attending this interactive session, you'll learn how:

- ❖ When all heck breaks loose so should you.
- ❖ To do your job earnestly while taking yourself lightly.
- ❖ To avoid the #1 killer in adulthood, being dead serious.

... plus **TNT** (tips n' tools) to spark your mind & body when all you want to do is hide.

Don't go crazy. Go to this session instead!



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