



Work/Life Balance...In Hectic Times

"I Have Been Through Some Terrible Things in My Life, Some of Which Actually Happened." -Mark Twain

Discussion/interactive points:

- Understanding the impact of stress on your health
- Starting the day off right
- Operating on a 'Full Tank'
- Maintaining mental and physical balance in hectic times
- "De-cluttering" - working inside out
- Reflections on two spiritual laws of success
- Quick and easy 'Steam' Releases
- "Rejuvenation" for positive impact - On the job - In personal life
- Top 10 tips on time and energy

Having Your Nose to the Grind Stone, Your shoulder to the Wheel and Your Back to the Wall for Long Periods of Time Is Simply Not the Most Comfortable Position - Laying in the Bathtub Is."

