



THE ART OF JUGGLING

“By the time I get home from work, I feel exhausted. I have more work to do & no energy left to give to my family.”

We sometimes refer to our lives as a juggling act, as we keep several roles in balance: business roles, family roles, social, and volunteer roles. Women are naturals at multi-tasking but continuous juggling of too many balls can start to raise your stress level. How’s your stress level? Did you drop some of the balls as you were juggling? Are you missing out on some of the fun and enjoyment in your daily life? This workshop will teach you real strategies for balancing all of you roles while enjoying the present moment.

- Focus on creating success
- Plan ahead while enjoying the present moment
- Say no to interruptions and avoid other energy drains
- Make time for fun and gain energy

Testimonials:

Thank you for the great information on juggling our life and our businesses at BW NICE - Lehigh Valley, PA Chapter on Tuesday. Carol-Anne, you can simplify our daily struggles and help to make positive changes with the information you shared. Your presentation was very pertinent to everyone's life.

Straight forward action steps to alter the funk of being overwhelmed. Fun, informative and excellent information. I will practice my introductions with confidence now.

Carol can simplify our daily struggles and help us make positive changes.

If you are looking for positive change, contact Dr. C. You will get tools to take control of your busy life.

Great workshop, especially if you are feeling stressed, and don't know how to handle everything on your plate.

Carol's presentation is specific and to the point with tips that are easy to incorporate into one's life and business.