



What is balance?

Do you always have to be driven by the “tyranny of the urgent”?

Who is leading in your Dance of Equilibrium?

Commit to taking action that will bring you into balance.

Why Attend this Workshop

- You have allowed the priorities of others to determine how you spend your time.
- You are feeling stressed and out of touch with your Self.
- You have become a wallflower in your own Dance of Life.
- To regain equilibrium in work and life.

What to Expect From this Workshop

- To identify your “First Things” at work and in life.
- To learn the only 4 ways to improve your life.
- To generate your current Life Goals statement.
- To receive support for your commitment to change.

Q. 5 frogs are sitting on a log and one decides to jump. How many frogs are still on the log?

A. 5. Deciding to jump and jumping are 2 separate actions.

JUMP TODAY!



Carol Ann Fried is passionate and committed to bringing playfulness and laughter into the workplace.

Best known for for helping people discover their JoySpot™, she is a master trainer and sought-after keynote speaker.

Contact Freedom Training today to book your “Dance” workshop.
freedom@freedom.ca • www.freedom.ca