

## **Real-Life Remedies for Real-Life Challenges** **"Stress Busting with Humor: Cool Amidst The Chaos!"**

**Spinning plates? Dropping a few? About to pull your hair out?  
Have you reached your last straw???**

Statistics show we work 1/3 of our lives, sleep 1/3 of our lives, and spend the final 1/3 of our lives with home & hobbies. Stress from our work lives is now creeping over into our home lives and vice versa. There's a healthy line of balance that needs to be drawn.

Harvard Business Review says we're all in the middle of at least 15 things at once—diminishing our effectiveness and adding to our burn out.

Most of us have reached a breaking point and we've—quite frankly—had enough.

Kelli's program "Stress Busting with Humor" can help you find your balance, so you can focus on moving over, under, around and through your daily challenges!

This festive delivery of hit-the-ground-running skills will help enlighten you and your staff.

***You will walk away with a Personalized Stress Busting Plan for  
Having More Fun While You Get More Done!***

This most-in-demand program will help you:

- Assess your work-life balance and why it may be draining you instead of sustaining you!
- Learn at least 52 Known Stress Reducers
- Understand the cause of the GAP
- Learn how to reach for your OWN OXYGEN MASK first, then help others
- Quickly Use Dynamite & Easy Coping Techniques to handle your Most-Pressing Challenges
- Stay Laser-Focused Amidst the Chaos
- Know What Makes Us Tick and What Ticks Us Off
- Control Your Energy – Surge when you really need it!
- Generate a Personalized Productivity Plan that works for you!

Perfect Audience for This Program: Extremely high pay-off for anyone wishing to manage work-life stressors/challenges more effectively.



**Kelli S. Vrla, CSP**

**Helping You Have More Fun & Get More Done!**

***"A festive delivery of relevant, memorable, & immediately-usable skills!"***

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