

“Driving Yourself Without Driving Yourself Crazy” Total Life Balance

Keynote / Seminar

The Reality:

The inherent danger of passion-induced work is its appetite for consuming all of life. Whether motivated by obsession or necessity, the driven worker is in jeopardy of losing family, integrity, health, and happiness. Employees feel victimized and productivity suffers.

*There is hope for driven dreamers
and their colleagues.*

By internalizing the four core values of character, intimacy, achievement, and reliance, you will harness the power of an integrated life and move beyond survival to success and balance. You will discover how to “**Drive Yourself Without Driving Yourself** (or those around you) **Crazy.**”

Who should attend?...

*Executives, Managers
and Employees.*

Six Focus Areas:

- ◆ **Stress Reduction:** Overcome anxiety brought about by survival mode workaholism.
- ◆ **Integration:** Internalize your dream to make it reflect your whole life.
- ◆ **Character:** Identify and live out a cohesive value system, reduce stress and guilt.
- ◆ **Intimacy:** Qualify, choose, and nurture business and personal relationships to add satisfaction to life.
- ◆ **Achievement:** Discover your own individual uniqueness and transform it into a life dream.
- ◆ **Reliance:** Acknowledge the role of a higher power in experiencing inner peace.

*Keeping your life in
balance is the real trick.*

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