

## Develop Whole-Life Balance!

Not enough hours in your day to meet all your responsibilities? Are you constantly running at a frenzied pace with a jam-packed work and personal schedule?

It's time to turn frantic and turbulent into *mindful in a moment*, enjoying relaxed breathing, less stress and more calm.



*"This workshop helped me self-reflect and reminded me what is important for my success. I would recommend this workshop as it is eye opening and a good reminder of what you may already know and want to do."*

Chad Keuler  
PCL Constructors

## 9 to FINE<sup>®</sup>

Take a moment and answer the following questions:

1. Are you constantly distracted during the work day and then exhausted by your long to do lists?
2. Do you look back on the week, month or year and wonder where the time went?
3. Are you looking to make improvements with the way you prioritize?

If you answered *Yes* to one or more of these questions, it's time to find *Your Way*, make choices that empower you and bring freedom into your week.

*CEC Certificate of Completion Available upon request*

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JOIN Christine Paquette of Bridge Dynamics to learn specific techniques to help you increase focus, enjoy greater well-being and freedom and take back your right to make choices to create your **9 to Fine<sup>®</sup>**. Christine will help you identify what energizes you and reveal your mindfulness vampires and help you find more of the world's most valuable, nonrenewable resource – **Time**.

*"This workshop was creative, informative, fun and gave me a number of ah-ha moments."*

Kent Page  
Manitoba Liquor & Lotteries

