



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

**Contact Freedom Training today to book your “Dance” workshop.**  
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