

MICHELLE CEDERBERG

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Live Out Loud



- ▶ Life Balance Strategist
- ▶ Fitness Motivation Expert
- ▶ International Speaker

The Myth of Work-Life Balance *Building Success Through Understanding REAL Balance*

75 % of Canadians don't believe that work-life balance is possible. *We're working more than ever, spending less time with our friends and family, and inevitable watching our health and happiness drift away. So maybe it's true?*

Since we spend more time *finding* balance than we do *in* it, perhaps success comes from viewing life balance from a different angle? In this session Michelle discusses the myth of work-life balance. Does it exist or are we doomed to lives of over-scheduling and limited leisure time? With Michelle's 'Start Small Solution' and *get real* approach you **can** find more time for the things that matter, and learn practical and realistic tips for moving toward *better* balance.

Book MICHELLE CEDERBERG...

*As a recognized life balance strategist and fitness motivation expert Michelle motivates her audiences to take realistic steps toward more of the things we all want – achievable **life balance**, time for **fitness**, heightened **stress 'defense'**, and the energy and confidence they bring!*

*To find out how to **hire Michelle** to speak for your organization, please contact her through the information below!*



Balance for REAL People

A realistic and humorous approach to getting more time, energy and enjoyment out of life!

