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- ▶ Life Balance Strategist
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EXPOSING the MYTH of Life Balance

*KEYNOTE

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 inevitably watching our health and happiness drift away. So maybe it's true?*

Since we spend more time *looking for* balance than we do *experiencing* it, perhaps success comes from approaching life balance with a new strategy? In this session Michelle exposes the *myth* of work-life balance and reveals the *real secret* to success. She provides tools to help you move toward *better* balance through a 'start small approach' to those seemingly big changes. With Michelle's humour and *start small* approach you *can* find more time for the things that matter, and learn practical and realistic tips for moving toward *better* balance.

Michelle Cederberg and Live Out Loud Speaking and Consulting

Life Balance *is* possible, even with your busy schedule! Or *IS* it? If only one in four Canadians believes work-life balance is possible, what are the rest of us going to do? Michelle is EXPOSING the Myth of Life Balance and in her lively sessions she reveals the *real* secret to better life balance. She makes you think, laugh, and implement REAL change. With a Masters in Kinesiology, a BA in Psychology, and a specialization in Health and Exercise Psychology, Michelle combines mind, body, and practicality to inspire change! She has built her career since 1990, as a college educator, personal trainer, fitness coordinator, and author. As a professional speaker, she shares her experiences in a humorous and realistic way with delighted audiences across North America. Michelle knows her energy has fueled her business success! Today, through her seminars and products, she helps people overcome big challenges through a start small solution that really works!



Exposing the Myth of Life Balance



Keynotes and seminars providing a realistic and humorous approach to getting more time, energy, and enjoyment out of life!