

# Be Your Best By Being In Balance

## Presented by Rosemary A. Ward, M.A., DTM, CSP

**Format:** 60-90 minute keynote or breakout session

**Materials:** Student resources range from \$11.95/person to \$199.95/person

### AV Requirements:

- Varies depending on your setting
- We will provide you an AV request form and room set up request based on listening to your needs

### Description:

Do you seek to be healthy, wholesome and happy? Most people do. They want life-work balance and the satisfaction it brings. However, everyone has a different tipping point on their personal "balance" scale. That's why you'll appreciate a thoughtful perspective to help you think through priorities that are most important to you. Don't let life's inevitable ups and downs leave you high and dry. You can anticipate some of the biggest barriers to your life's balance and learn how to tip the scales in your favor!

- The advantage of life-work balance for everyone
- Indicators of off balance thinking, acting and results
- The dirty dozen – twelve of the biggest barriers to balance
- How to T.I.P the balance scale in your favor
  - **T** = Think through – your commitments and how you currently spend your time.
  - **I** = Interests – pursue key interests that give you something to look forward to.
  - **P** = Prioritize – to focus on what is most important!

### About your presenter:



Rosemary A. Ward is the President and CEO of Training Direct, LLC, based in Whitehall, Michigan. Rosemary's diverse background keeps learners engaged, interested and receptive to learning. She was born and raised on a farm, is a former vocational agriculture teacher, and earned a both bachelors and masters degrees from Michigan State University. She ranks in the top 1% out of 3,500 distributors in the world for the sale of top quality learning resources. Rosemary is a Distinguished Toastmaster (DTM), which is the highest earned designation available through Toastmasters International. She has also earned the Certified Speaking Professional (CSP), designation from the National Speakers Association held by fewer than 500 speakers globally. Her client list is impressive ranging from small organizations to Fortune 50 companies.

You'll appreciate Rosemary's practical ideas, high energy and down to earth humor to help you sustain and accelerate your success!