

"Your stress less session had a tremendous impact, and we use your sayings daily!" Farmers Insurance Top 100 Conference

Stress Less, Connect More

The truth is whether you are in leadership, sales, or the front line you are expected to produce more in less time with fewer resources, while staying positive and engaged with colleagues, customers and clients. The reality is we are stressed out, tightly wound, and exhausted trying to meet and exceed expectations. We have the best intentions that seem to go out the window before lunch as we are constantly changing schedules, demands and priorities. Enough already! Create the focus, energy and mindset necessary to make healthy choices and stay connected to those who count. It's no longer about time management, it's about YOU management. Get ready to laugh-out-loud and walk away ready to make positive, long-lasting change the next day.

Learn how to:

- Differentiate between time management and YOU management
- Know when to let go or take control
- Eliminate unrealistic expectations and energy zappers
- Beat the stress and temptation of everyday life in healthy ways
- Build a positive mindset to increase mental toughness

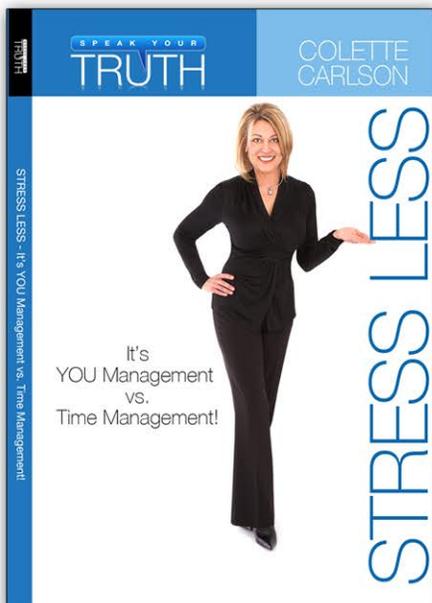
Why choose this program?

- Beneficial for morale, absenteeism and "presenteeism" issues
- Customized to your organization's unique internal culture, challenges and terminology
- Also available as a corporate wellness program where Colette shares her story of changing mindset and behaviors to lose 50 lbs.

The bottom line: Stress kills. Work-life balance is dead. It's time to face the truth and employ do-able strategies to take back control of your life to gain focus, energy and sustain healthy relationships.



"I felt like she was talking to ME! It not only helped at work, but in my daily life. It was wonderful and refreshing." - Scripps – 7th Annual Oncology Nursing Conference



Just two examples of the positive feedback we received from attendees: "Not only did her Balance/Stress Less keynote have attendees laughing out loud with her truthful insights, but her break-out session on Leadership was packed with solid content and takeaways." "Both of Colette's presentations were phenomenal! I took so many notes on the leadership session in the morning and then I laughed so hard at the lunch stress less keynote, I actually started crying! She really nailed it, and I was thoroughly entertained and impressed by her level of professionalism, poise, and intelligence." - Annual Executive Women in Agriculture Conference

"It was like Colette was describing my life! She personalized the content to adapt to the needs of our audience with outstanding results."
- Philips-Respironics WIN Conference