

Dr. Jo® energy for people

Perfect for Breakouts
and Spousal Events



Dr. Jo®, Wellness Expert, Author, Speaker

Swimming in a Sea of Priorities

finding balance on the rough waters of life

Do you have too much to do and not enough time? Feeling guilty that you don't spend enough time with your loved ones or on the things *you* enjoy? In just a short time, you'll feel more on track with your priorities and less stressed.

Attendees will:

"Thanks, I needed that!"

- Identify their true stressors
- Discover their personal priorities
- Practice strategies to help them stay focused at work and let it go when they leave
- Create steps to smooth the transition from work to home (one of the most stressful periods)

STRESS STATS:

- 77% regularly experience physical symptoms caused by stress
- 73% experience psychological symptoms
- 48% feel their stress has increased over the past five years

About Dr. Jo®

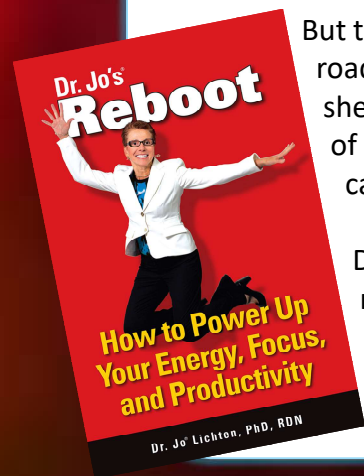
When Jo was just two, she told everyone her name was "Big Girl." That's because she wanted to do everything herself – she didn't want anyone's help! Decades later, Jo was still "Big Girl." So, it was laughable when Jo got hired back in the 90's by one of the largest business training companies to present full-day life balance classes across North America.

But then something remarkable happened. Over the next six years on the road she sent "Big Girl" packing. Once she set her priorities, she was able to say no. She aimed for progress - instead of perfection, she started to ask others for help. If Jo can do it, you can too.

"You are so full of energy and life"

Dr. Jo has presented more than 1000 motivational and memorable programs and is the author six books, including Reboot. She's also the proud recipient of the Certified Speaking Professional designation.

"I don't think you realize how funny you are!"



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