

# Dr. Jo® energy for people

"Beautiful" "Keep it coming" "You rock"  
"Audience review...  
4.81 out of 5"

"Your humor  
and approach  
was  
refreshing"

"I am a  
renewed  
person.  
Thank you"

## What Every Woman Wants: great legs, more energy, and peace of mind

Feeling frumpy, frazzled, and fatigued? It's no wonder! The average woman is working full-time both at work *and* at home. Finding the energy to "have it all" is a constant challenge. This fun, funny, and motivational program will make your attendees feel more relaxed, more in control, and ready to make some simple "no big deal" changes that will make a big difference in their lives.

**Perfect Keynote for Your Women's Event**

### Afterwards, attendees will have:

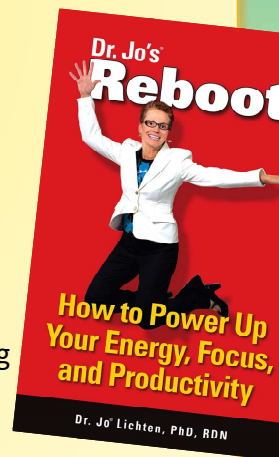
- Practical strategies to feel more energized throughout the day
- Coping mechanisms to deal with the aggravating "little things" that cause so much of our mental and physical distress
- Tools for being more productive at work while still having the energy to enjoy your life when you get home.

### About Dr. Jo®

Now a grandma of seven, Dr. Jo®, knows what it's like to juggle a full-time business with home responsibilities, plus chisel out "me-time". She's here to offer hope, humor, and real-life strategies.

Jo has presented more than 1000 programs to conferences and companies, and is the proud recipient of the CSP (Certified Speaking Professional) designation by the National Speakers Association.

Jo attempts to live a peaceful, stress-free life in sunny, warm Florida but stress still comes her way. She can't seem to outrun her perfectionistic, type A personality, nor the lingering effects of growing up in a one-bathroom house with a family of eleven. Tap dancing and chocolate help (no, not at the same time)!



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