

The Energized Woman Series

Life can be healthy, balanced and fun.



Women play many different roles, most involve taking care of people, places and things in one form or another. But who takes care of the caretaker?

Stress expert and Energy Coach, Cindy Kubica shows you how to transform your life from chaos to clarity and create a life that is *healthy, balanced and fun!*

The Energized Woman program series combines the best of Cindy's most popular programs with topics geared specifically toward the unique challenges women face every day. These high-energy and highly interactive programs will super-charge the mind, body and spirit of a woman.

"The World Belongs to the Energetic"

—Ralph Waldo Emerson

The Energized Woman

(Kick-off Keynote 55—75 min.)

Are you ready to get energized? Learn how to turn negative stress into positive energy by cross-training your thoughts, setting boundaries with a word, and adapting a new attitude about your Self-Health Habits™. Yes, I'm talking about the mind, body and spirit of a woman.

P.S. Good or bad, a woman's energy is contagious. Get energized and become positively contagious.

The Energized Zoo Keeper

(keynote, breakout)

Are you surrounded by a zoo? The Lions want it done their way—and fast; the Peacocks think everything should be fun and color-coded; the Lambs take on more than they can possibly do in a day; and the Owls are quiet and cordial, then zap you with an email later. Learn how to capitalize on the uniqueness of each of the animals in your zoo.

P.S. When you understand what motivates them it's easier to get them to play nicely.

Healthy Woman, Energized Woman

(keynote, breakout)

Did you know that every 24 hours a woman changes? It's true! Her mood changes as her body changes hormonally—that includes *stress hormones*. Keep your body in balance with small changes in your Self-Health Habits™. Learn to *move it, feed it, and rest it* and become a healthy and energized woman!

P.S. Skinny doesn't mean healthy; healthy means healthy.

The Energized Woman: Life In Balance

(keynote, breakout)

Is your life balanced and fulfilling or are you overwhelmed and stressed? Do you attract people who are positive and cooperative, or negative and uncooperative? Do they respect you or walk all over you?

Learn to set boundaries, let go of unhealthy perfectionism and the need to please.

P.S. Doing this for yourself benefits others. You'll feel more energized and balanced, and able to give others the best of you, not the stressed of you™.