

Life Happens: *Run With It!*

Life Happens...

Are you in a race you didn't know you signed up for? The truth is we create some situations ourselves, while others are beyond our control. In either case, we have two choices—be a spectator or get back into the race.

Master storyteller, Cindy Kubica shares her life's journey from shy child to award winning speaker and author; and from broken neck to marathoner. You'll laugh while you learn that *impossible just takes a little longer*.

This program will inspire you to let go of what didn't work and chart a new course, or even make one up as you go if you have to.

No one has dibs on the potholes of life. When you trip—pick yourself up, brush yourself off; extract the lesson, and learn to laugh at your own mistakes because life happens...

Run with it!

*Humorous and
Inspiring*



- Turn challenges into chuckles
- Transform tragedies into triumphs
- Cross train your thoughts
- Try on new shoes
- Excuses are like a band-aid on a bruise, *worthless*
- PACE yourself
- Ignore the mile markers—you're never too old
- Look at the light side until the bright side comes along

Keynote * General Session