

## **Fit to Communicate** Strength Training for Your Attitude

What does *Fitness* have to do with communication?

### **Everything.**

Think about it...when you're under stress, burned out, and tired, irritability sets in. A chain of physiological events take place and before you know it you're 'spouting off' or walking off in a huff. This is not a sign of poor self-control, it's actually the fight or flight response. Stress is like kryptonite to your strengths; effective communication, team and leadership skills are weakened.

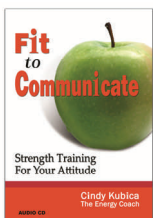
### **The Solution:**

## **Get "Fit to Communicate"**

Stress expert and Whole Health Energy Coach, Cindy Kubica brings you a whole body approach to communication skills, which includes Self-Health Habits™ that reduce the stress effect. As a bonus, these new habits will increase energy, focus—and ultimately productivity.

**How you eat, sleep and exercise is not just about you; it's about everyone you come in contact with.**

*This program will change the way you think about work and wellness!*



Audio book based on this program is available.

*"Get Fit to Communicate and give others the best of you, not the stressed of you."*  
—Cindy



### **Learn:**

- How stress sabotages your attitude
- What personality types are likely to have a shorter fuse
- How to defuse when under stress
- Five **Self-Health Habits™** that will pump up your energy, focus and attitude
- Which foods elevate stress levels and why
- Supplements that calm frayed nerves
- Sleep right not *tight*
- Cross train your thoughts
- A simple 10 minute workday workout
- Communicate with control using a four-step technique

*And much, much more!*

General \* Breakout \* Half Day  
(90 min—3 hours)

*This program is designed for:*

- Management
- Employees
- Teambuilding
- Personal Relationships