



## In Search of Normal

### Moving Life from Chaos to Clarity!



**What is normal?** Normal means: usual, common, typical, and routine. So if chaos is usual and dealing with it routine, then that is *your normal*. If you don't like *your normal* then it's time to **redirect your energy** and create a new normal.

Racing from one responsibility to another leads to sleep deprivation, poor eating habits, and reactive behavior.

**This dynamic and life-changing program gives you a step-by-step approach to gaining control over your chaos and creating the life you are longing for.**

Stress expert and Energy Coach, Cindy Kubica shares how she gained control of her chaos, took personal responsibility for her own happiness, and created the life she truly desired.

*You can, too!* Stop waiting for others to change in order for you to be happy. You only have control over what you do. Start taking care of yourself—without guilt. Allow yourself to feel real joy again.

**Live the life you truly desire.**

Call Cindy today and begin your journey to a New Normal.

#### Discover :

- How to set boundaries with crazy-makers
- How to stop letting guilt and fear control you
- What you may be doing that adds to your chaos
- How to refocus energy and improve your attitude
- **Self-Health Habits™** that fight sluggish, foggy, lifeless feelings
- How to reduce the stress that threatens your health
- Why stress makes you fat *and* ages you
- How to stop the anxiety cycle
- How to succeed with positive self-talk
- How to get others to respect your time and make *no mean no!*
- How to have fun again

**Keynote, Breakout, half day**

Based on  
Cindy's  
*Best selling*  
audio series

