

Balance. Sparks. Innovation.

1-hour Workshop Options:

- Achieving Work-Life Balance
Your staff will create a 30-day action plan while learning the tools to balance the demands of life at home and in the office
- Embracing Change
A simple 4-step approach to embrace change by being more flexible, relaxed and energized
- Make Stress Your Friend
A 3-step process for identifying and leveraging "useful stress" to be more efficient and effective in all areas of life



“ Everyone is able to be happier. For me, this course was about getting the tools to help me make changes in my life. It is my choice to be happy or not. Now I have the jump-start I needed to start applying these principals in my life.

Erin B.



“ I would definitely recommend this course to others for these reasons, in short: one learns about oneself and one's mind, it is backed by science, and most importantly, it's not as hard as it seems and this course makes it less abstract and more obtainable.

Ethan B.

INVESTMENT: \$444

Up to 20 participants

Includes Workbooks, Study Materials & Stress Kits

MORE INFO: WWW.JCURRIE.GURU

Join Coaches/Life-Hackers J. Currie and Dr. Kannan, to learn how, in this busy world we find ourselves in, we can achieve the work-life balance everyone is talking about. Using science-backed techniques participants experience amazing transformations by integrating small shifts in awareness and perspective.

