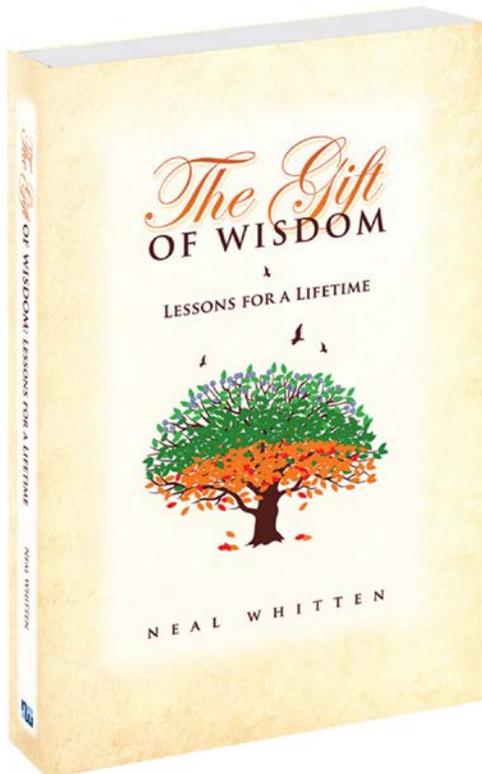


Neal Whitten's Life Balance Seminar

4-Hour
Seminar



Book included with seminar.

Learning Objectives

- ❖ Examine life lessons from our elders
- ❖ Reflect on your own philosophies and beliefs
- ❖ Become more effective at work
- ❖ Improve your work-life balance
- ❖ Believe in yourself and your ability to make things happen
- ❖ Live your life more deliberately
- ❖ Live a more happy, prosperous and successful life

Bring this popular seminar to your organization or company!

How's your Life Balance? Many people in their mid-years and later wish they would have been more on-point and deliberate much earlier in their lives so they would have experienced a more effective, balanced and full life—**both at work and personally**. This thought-provoking and potentially life-changing seminar, geared for all ages, addresses this dilemma head on, revealing choices to make and behaviors to adopt that are essential in attaining the Life Balance you desire.

This quality-of-life seminar is based on the *award-winning* 480-page book, *The Gift of Wisdom: Lessons for a Lifetime* by veteran author Neal Whitten. Neal interviewed 25 senior Americans that roughly represent the diversity of America and asked them what lessons they learned and advice they would pass along to others. Neal then recorded over 1000 unique passages of their life lessons from which this seminar is derived.

This is the seminar Neal wishes that he had had in his early twenties and again as a refresher every few years. The seminar examines the life lessons from our elders and challenges attendees to reflect on their own philosophies and beliefs. The seminar can help you in becoming who you choose to be and in living a more happy, prosperous and successful life.

Wide Range of Life Topics Include:

Philosophies in living life • workplace • stress • relationships • family • education • health • finances • pursuing your dreams • hobbies and leisure time • caregiving • dealing with hardships • aging and retirement • doing it all over • ...and so much more.

Neal Whitten's Life Balance Seminar

What seminar participants are saying...

If I would have been exposed to this seminar earlier in my career—and had the foresight and maturity to have taken it to heart—I would be further along in my career. I believe everyone needs this booster shot every few years.

I had an “ah-ha” moment learning that it’s mostly yourself that holds you back; it’s not so much your circumstances, environment, family, friends or whatever else that may appear to challenge your dreams, goals and actions.

What a powerful and thought-provoking seminar! It is applicable to many areas of life: work, home, past (lessons learned) and future.

Neal has a wonderful temperament, is well spoken, a great story teller and an inspirational and passionate teacher that makes it easy and fun to learn.

The seminar has helped me to respect co-workers more, place a greater value on my relationships and believe in my ability to make things happen.

I am grateful to my company for making the Life Balance seminar available to me. This is but one reason why I love working here.

I was transfixed on every snippet of wisdom and story that Neal shared. I did not miss a word and wished that the seminar was longer.

*Neal’s ending thoughts to the seminar were the best words of encouragement to believe in yourself and make things happen that I have ever heard.
Wow! Nailed it! Thank you!*

Neal Whitten, PMP

Neal Whitten, PMP, president of The Neal Whitten Group, is a popular speaker, trainer, consultant, mentor, and best-selling author in the areas of leadership, project management and employee development. He has written over 100 articles for professional magazines and is the author of seven books.

With over 35 years of front-line leadership and project management experience, Neal has developed and instructed dozens of unique workshops and presented to many thousands of people from across hundreds of companies, institutions and public organizations. Neal served 23 years with IBM, including ten years in management. He has been contributing editor of PMI’s *PM Network*® magazine for over 15 years.



www.thegiftofwisdom.com
neal@nealwhittengroup.com

706.692.3910