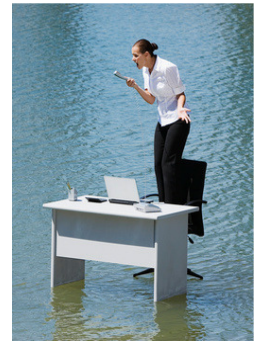


Work-Life Balance for Women!

*Discover what it means for you,
how to create it and enjoy the
process.*



**If you answer YES to any of the following questions,
this workshop could be for you.**

- ✓ Is every minute in your day accounted for before you get up?
- ✓ Need time to consider who you really want to be or where you really want to go?
- ✓ Do the demands on your time exceed your capacity?
- ✓ Are you getting less and less sleep?
- ✓ Do you often arrive home from a long days work exhausted?
- ✓ Would you like your family to be a source of joy and renewal?
- ✓ Would you like to feel more in control of your financial future?
- ✓ Are you still waiting for it to be your turn?

Over two days you will have an opportunity to get clear about what work-life balance means for you, explore your relationships, finances, work and leisure, and discover exactly what's standing in your way. This is your opportunity to discover simple strategies that really work and learn how to stay on track with the life you choose.

IT'S YOUR TURN NOW!

For more information, or to make a booking visit our website at www.100monkeys.biz and click on Workshops & Seminars

**Albury-Wodonga
19th & 20th September**

\$297

Including catering

Book Now online www.100monkeys.biz

Making life easier

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Mobile 0434 930 028
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Work-Life Balance for Women!

What women say about the workshop

"I have been to many courses over the past few years but none measure up to the tools I took away from a weekend with the 100 Monkey crew. The initial flyer I received to attend the course showing a photograph of a woman standing on top of a desk floating on a sea of water, summed up my life. I felt I was drowning with all the demands that I was expected to achieve and measure up to every single day. The work life balance hit a nerve and I knew my family and relationships were suffering trying to keep afloat.

The skills that I learnt on the weekend enabled me to become self aware of what was not working in my life. I now have better time management skills at work instead of coming home flat, I return home energised. I have started taking care of my physical health and with the encouragement of the dynamic duo Heather and Julie I realised that a few simple changes can make huge differences in the way I view my world and the type of results I can achieve. The financial information on the course was invaluable and for a person who has never budgeted I am now on track to financial abundance. Thank you Meegan.

I would recommend this course to any women who just wants to get ahead or stop looking for a life jacket on a sea of daily demands. 2 days with the 100 Monkeys crew will change your outlook and ultimately your life for the better. You will walk away empowered and excited by the unlimited possibilities of simply making a change" Count me in for the next course.....Cheers, Ann Haynes

The Work, Life Balance workshop was the first step for me in reclaiming my life.

It was a weekend of sharing thoughts with like minded woman, and learning from 3 energetic, switched on presenters, who immediately engage you by relaying some of their own life experiences. They pass on their knowledge and some of life's tools to you that you may have been too busy to pick up for yourself, while you were working and raising a family. You can immediately relate and be very open to receiving this information as you will soon know that anything is possible.

I now feel more enthusiastic about my life and more in control. I ask more question of myself and make more conscious decisions. I am attempting to be more organised and more aware of my spending habits and am working towards creating good habits whilst letting go of the bad.

The workshop should come with a warning though: Participants please be aware, attending this workshop will make you hungry for more knowledge, will awaken a buzz in you that is infectious, and yes, unfortunately it will come to an end, even though you will want to stay and chat, share, laugh and learn more. Wendy Wescott

"I wasn't sure what to expect when attending the Work/Life balance workshop, but went with an open mind. I was pleasantly surprised with the outcome! I achieved clarity and a vision for my future, particularly around finances and career. Since the workshop, I have enrolled in a course to expand my career path, and feel more confident and motivated about life in general. Thank you for an informative, enjoyable weekend!" With warm regards, Julie Wilkins

Hi Heather and Julie,

I have been able to implement some of the strategies learnt at the workshop I recently attended in Wodonga. Amongst these are- a greater awareness of the parts of my life that make up the whole, how making small changes in some parts has made a great difference in my quality of life. I am learning how to better take care of myself in place of attempting to change others. This has improved my relationships at work and in my private life. Thank you both for the insight I have received from 100 Monkeys. Regards, Gail Blackley

This work shop really challenged me to dig under the surface and identify some key barriers that have been preventing me from moving closer to the balance I want in my life. The supportive and energetic environment of the workshop gave me the confidence and courage to make some definite decisions about my future. I recommend the workshop to anyone who wants to move forward into a life of abundance and success, level that means for you.

regards, Tracey Farrant