



# W.T.F.?

# Where's the Fun?™

## Streaming Forward with the Power of Choice

**T**oday's workforce is hungry for more than the lure of promotion and a larger paycheque; they are searching for a healthy balance between the office and the home, and a higher quality of life that aligns more clearly with their deepest values, passions, and personal desires.

For individuals to function at their maximum potential, they must create opportunities to capitalize on their strengths, build a healthy self-esteem and accept personal accountability for the decisions they make...all of this is made possible when we realize that, at each and every moment, we have within us the POWER OF CHOICE.

"We all have a choice, even in our darkest moments," says Janice, "and every choice we make creates a ripple effect in our lives and the lives of those around us. The reality we experience tomorrow is created by the choices we make today." We have the power to design the life of our dreams – all we have to do is choose.

"It is estimated that employees with work-life conflict cost Canadian organizations roughly \$2.7 billion in lost time due to work absences – not including indirect costs such as replacement of the employee during the absence, overtime costs, or reduced service or productivity". (Statistics Canada: Work-Life Compendium)

The currency of a successful organization is its people. In order to increase staff retention, businesses must invest in awareness development, habit recognition, goal identification, action plan development, skill enhancement and most importantly value-based motivation. When individuals are empowered to make choices in their work and home life that are congruent with their values, organizations experience increased productivity, performance, morale, creativity, and bottom line results.

When organizations invest in their human assets, their staff will invest in them!

### Key Learnings

- Prioritize core values
- Use Revealing Choices™ tools to live congruently
- Stop procrastination in 3 simple steps
- 7 insights to change your current reality
- Strength development
- Enhance team performance
- Implement motivational value systems to achieve performance targets

**Through a powerhouse delivery of humour and personal reflection, Janice provides audiences with the tools they need to look inside, listen to their inner voice, take their thoughts captive, and change what isn't working about their life – personally and professionally.**

