



Insightful Communications... Expressing You

Image & Self-Marketing – Job/Client Interviews

- Is what you are saying on the outside congruent with who you are on the inside?
- Did you know that it takes less than **40 seconds** for someone to make a snap judgment of us?
- Do you realize that every career has a vital sales dimension to it?

Each time we **communicate** (verbally or non-verbally); we sell in some way or another. What might you be saying without even realizing it? **Learn 7** invaluable steps to success in any industry! Hear ways to embrace each opportunity, and make the most of it; bringing about the **best** for all concerned, *all the while enjoying the process!*

Introduction to Entrepreneurship

Be in the now... Devise your plan... Keep yourself motivated... Learn how to say 'no' when you need to... All of this and more is covered in this introductory workshop!

Being committed to constant and never-ending learning, will keep you a cut above the rest!

Remember, it takes at least **21 days to form a habit** (good or bad); so staying the course gives your 'plan' a chance to 'take shape and become natural' to you... and subsequently '**pay-off**' for you as well!

This workshop will encourage you, as Eleanore Roosevelt said in part, to "Believe in yourself and the beauty of **your dreams**"!

Working From Home & Making It Work **

Getting on the Phone... & Enjoying it! Doing the Follow-Up... & Enjoying it!

When you gain insight and a better understanding of your task(s), you are more inclined to do the task and succeed! This workshop will help you learn **WHAT WORKS** in building rapport, relationships, and ultimately business-for-life!

Who will benefit from this workshop:

- Anyone who desires to be a more **effective communicator** – in social or business/networking circles, via e-mail or phone.
- Anyone who knows the importance of promoting oneself, yet is uncomfortable, and finds it hard to begin.
- Anyone who wants to gain more momentum & consequently **results** in their business.

Refocusing On YOU – Are Your Goals Your Own? **

Learn how a Wellness Journal can be an invaluable tool to help you **balance**, maximize and **enjoy** every area of your life! Become more aware how you could be priming the pump for someone else! Stephen Shapiro, author of Goal-Free Living says, "Goal-free living isn't about being aimless or saying, 'Oh, this is getting tough. I've got to stop...' It's about being passion-driven in the moment, while knowing you can change course."

There are many contradictions about the process of Goal-Setting, and it's important that you are **true** to yourself and your own ideals, not someone else's!

This workshop is a fit at any time in the year! Only you know when you need to re-fresh and **re-focus**! Don't be afraid to **dream big**! Playing small never served the world!

Advanced Entrepreneurship **

Do the work, the right work, with honour and integrity; and the rest will follow in good timing.

When we talk about **'serious money and serious fun'** in the same sentence, it's about having the right attitude in everything we do; in our relationships, our goals, our work/life balance.

Whether you earn (*or would like to earn*) \$500 or \$1,000 a day... *or more...*, learn what it takes to **drive your business to the next level**, and keep it there. Notice the things that you give your attention to; and recognize the importance of your own personal influence and choices.

Heart LINK... Connecting to Your Inner Voice

- What resonates within **you**? Do you find that your mind is always cluttered with thoughts of the day?
- Have you ever said 'I can't even hear myself think'? If you could, what or who's voice would you hear?
- What do you hold to be true or possible for your life? Are those truths serving or limiting you, your family, your friends?
- Learn to acknowledge the choices you have & **trust yourself!**

With the demands of our fast-paced life, it's more important than ever to be in the now, and pay attention to the little things that can **empower** you and others around you to live a more fulfilled and peaceful life!

Heart LINK... Living an Enlightened Life

How does one live an enlightened life, *especially in the world as we know it today?*

Although most of believe that the answers start from within 'for each and every one of us'; Sheri also believes that it is our **willingness to invest** in life and in others that truly makes our lives rich and abundant in every way!

Be conscious of **outside influences** and what they can teach us. Most experiences in life are there to guide, prepare or mold us in some way, shape or form.

Enjoy embracing all the little moments, and be inspired to put the magic back in them and in the choices you have the power and privilege of making 'every day'... to help you live **your enlightened life!**

Heart LINK... We are all Connected

"Most people have heard of the '**six degrees of separation**' theory – the idea that everyone in the world is separated from everyone else by six links (or six people in some way, shape or form)..."

We all have a story. Although there's nothing that can totally prepare us for some of the challenges that come our way; **gain comfort** and insight into how similar our lives are, how we are connected in so many ways... and how living your life with love and integrity 'can change the world we all live in for the better...

Know that **you do make a difference**...

What is your story? Have the courage to live it, and use it for the greater good...

Embracing Change

Whether in our personal or professional lives, there is one **guarantee** that holds true - there will be change... *and now, more than ever!* Experiencing many changes in her 46 years, 25 of those years married and 23 as a Mom and Entrepreneur; Sheri will take you on an **insightful journey**, offering you many new and interesting thoughts to ponder. She will encourage you to be open and learn from change.

We all have a special **purpose**, and yours is to find and follow it, wherever it may lead. Ultimately, Sheri will *guide* you to bloom where you're planted... and do what **you** do best 'always'!

** The workshops denoted with the double asterisk indicate a 2 to 2.5 hour interactive workshop which can be divided into 2 shorter sessions.

Each workshop comes with **SherNotes** ©, providing participants with a one or two page hand-out per session. This is especially helpful and of added value when attendees have the opportunity to participate in multiple presentations; providing them with a 10 to 20 page booklet with key things outlined to remind them of the course material and offer an ongoing refresher. *Repetition is the Mother of Skill.*

Sheri Andrunyk

Women For Women

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