

TOPIC

Your Tool Kit for Fighting Fatigue and Staying Resilient in Business

SYNOPSIS

As a busy entrepreneur, employee or business owner, the FAB Quotient™ will offer you practical solutions to the challenges of high stress - low energy living. Modern living gives us lifestyle perks and convenience but it means that many of us are working longer hours, exercising less and eating a diet of nutrient deficient foods. As a high achiever and business driver, you may be living your life in an energy and time deficit. Many of us have become richer materially but the trade-off is more stress and less quality time for ourselves.

SPEAKER

**Celynn Erasmus
(NewCel Mobile Health)**

Celynn Erasmus is a registered dietician and works as a full time professional speaker and writer. Celynn is passionate about helping busy people enhance their performance by managing fatigue and boosting energy levels. As a professional speaker, Celynn energizes local as well as international audiences and presents regularly in the UK. Celynn is Managing Director of NewCel Mobile Health.



- Date:** Friday 6 November 2015
TIME: 07:30am for 08:00am
VENUE: Thaba Eco Hotel, Impala Road, Klipriviersberg Nature Reserve, Johannesburg
COST: R50 pp payable at the entrance - includes finger snacks
RSVP: SOJO Office: Tel: 011 493 7880 info@sojo.co.za Fax: 011 493 1702
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