



# Liz Fletcher Brown

Put the

*Cha-Cha-Cha*

into your business and your life!

## Programs

### **How to Keep Your Balance When the Floor is Rocking!**

***(Life Balance, Purpose, Attitude, Empowerment, Dealing with Change)***

What's Rocking Your Floor? A demanding boss? Worry about keeping your job...Or your clients? Tired of being a full-time parent with a full-time job? Having to do more with less? Work is boring? Competition is tough? Feeling isolated and unappreciated? Spouse doesn't understand?

Liz knows what a rocking floor means - and how to keep her balance. In her signature keynote you'll learn that...

1. No matter how much the floor is rocking in your life, you have a lot more control than you might think.
2. When you believe in yourself, anything is possible.
3. When you live life connected to what matters most, you will do amazing things!

Liz blends mind-body principles with practical tools, humor, and thought-provoking insights that will instill in participants the ability to be grounded, purposeful, and have the right attitude for success, even if their floor is rocking!

*The following breakout sessions or workshops are designed to support the primary concepts in Liz's keynote, but are also powerful as stand-alone programs.*

### **Step It Up! Get Bigger About Who You Are**

***(Attitude, Success, Empowerment, Self Image/Esteem)***

When you believe in yourself, anything is possible. Consider the possibility that all the things you ever thought wrong with you are the keys to your greatest gifts and strengths! Your self image is your blueprint for success and will determine every aspect of your life. It can create a life of ease and joy, or limitation and struggle.

In this workshop you will gain a greater understanding of your unique strengths and gifts and learn how to maximize them both personally and professionally. We will also explore practical tools to move beyond limiting self beliefs, and to create a new self image that will unlock your greatest potential.

### **In Wild Abundance!**

***(Purpose, Life/Work Balance, Entrepreneurism)***

Dancing as fast as you can but getting nowhere fast? Here are six steps to get out of overwhelm, get focused and start having fun again.

This session is for entrepreneurs and business owners who want to get re-enthused about their business and their life. Discover how to bring your unique style, values and natural talents to all aspects of your work. Work smarter, not harder. Create a business that works in complete harmony with the rest of your life.



*"Liz ... possesses a wonderful combination of passion, grace, stage presence and eloquence that captivates while providing very useful suggestions and tips on developing life skills."*

Corbin Ball, CSP, CMP, MeetingNews "Top 25"

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### **Take the Leap**

*(Vision, Personal Excellence, Empowerment)*

To thrive in this economic climate you must be willing to be bold and take risks. 2010 is not the time to keep on doing what you've always done.

Yet have you ever had a project or a dream that was really important to you, but every time you tried to move forward with it you got stuck in a rut, sidetracked and procrastinated.

Participants will leave this session with specific tools and techniques they can immediately apply to their lives to be more daring, move beyond limited thinking, and reach for the extraordinary.

### **Your Life Dance**

*(Purpose, Motivation, Dealing with Change)*

Know your purpose, transform your life! Would you like to wake up each morning enthusiastic and excited about life, knowing you are living the life you were born to live? Would you like to have a deeper sense of meaning and purpose in all you do?

We each have something unique to share with the world, and doing so will lead to us being more vibrant, dynamic and joyful in all areas of our lives. Knowing what your life purpose is, and engaging the journey to fully manifest it will take your life from ordinary to extraordinary.

Especially when the floor is rocking in your life, being able to articulate your life purpose will guide you to greater focus, clarity and joy. Living your purpose will bring wonderful and unexpected opportunities and synchronistic events into your life.

So if you are ready to take charge of your life and embrace change, this powerful workshop will be your catalyst.



**All programs can be customized to client's needs.**



*Get  
Your  
Dance  
Shoes  
On!*

Travels from Washington  
DC Area

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