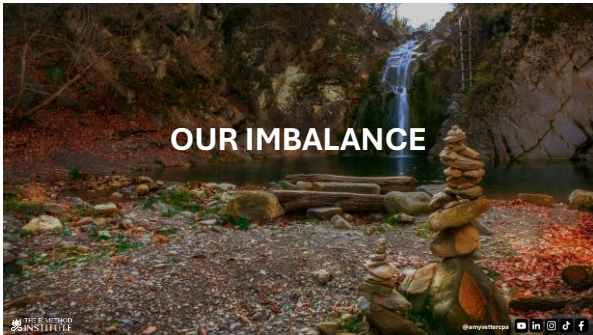
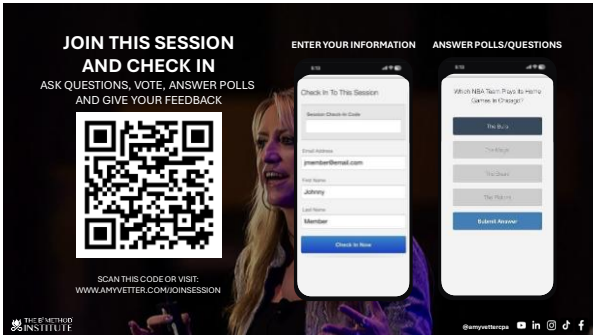




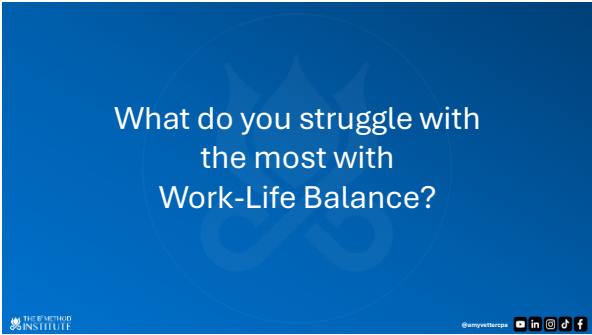
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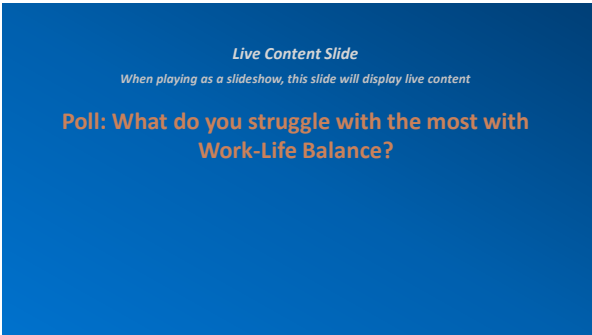
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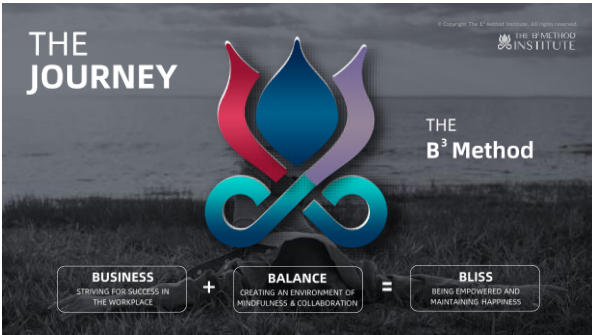
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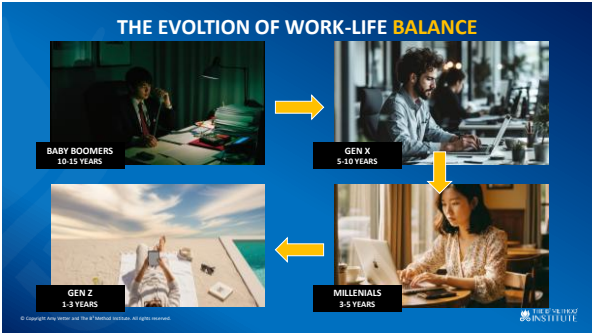
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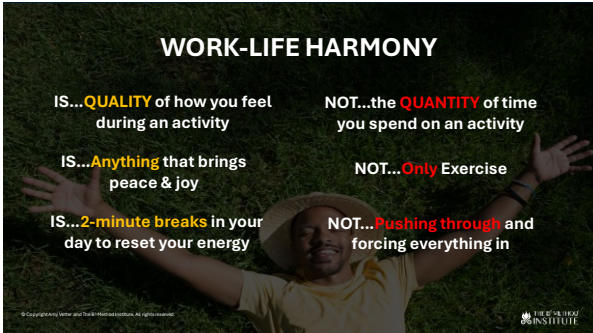
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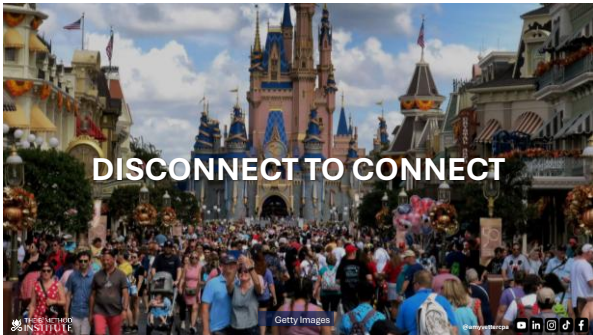
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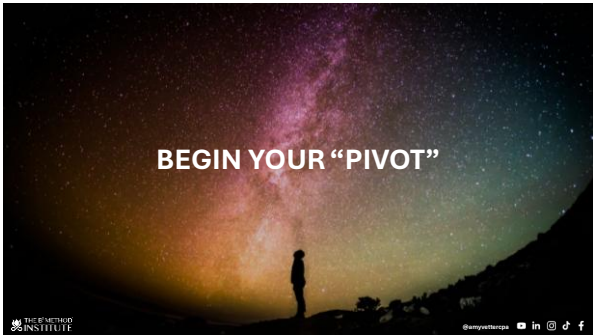
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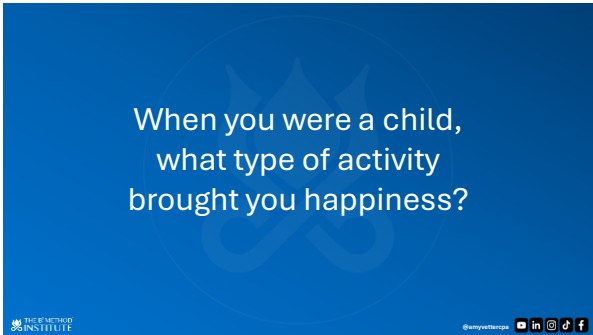
16



17



18



19

Live Content Slide

When playing as a slideshow, this slide will display live content

Poll: When you were a child, what type of activity brought you happiness?

20



JOURNEY TO SELF-DISCOVERY

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21



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PODCAST WITH AMY VETTER

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KEITH BERNADO



Amy VetterKeith Bernado

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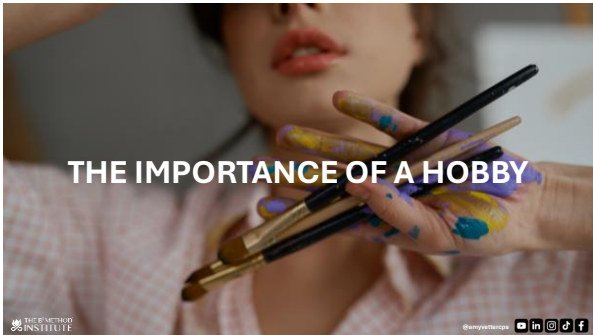
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22



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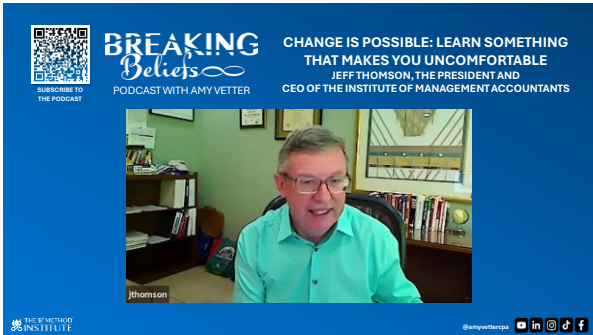
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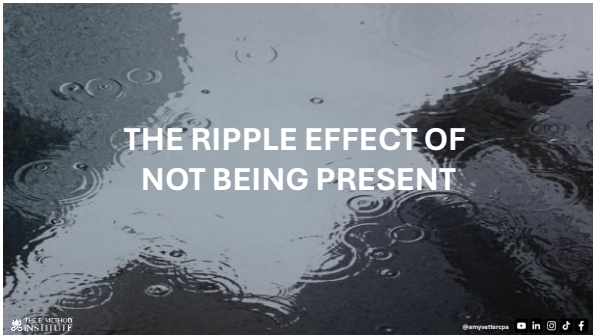
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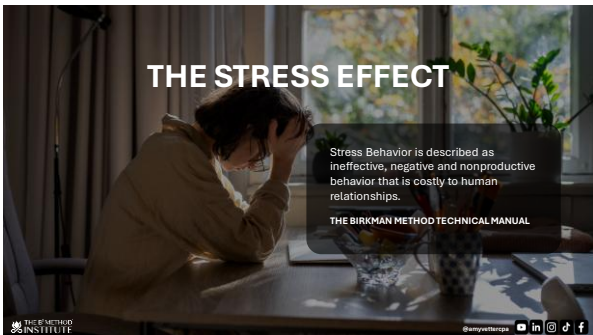
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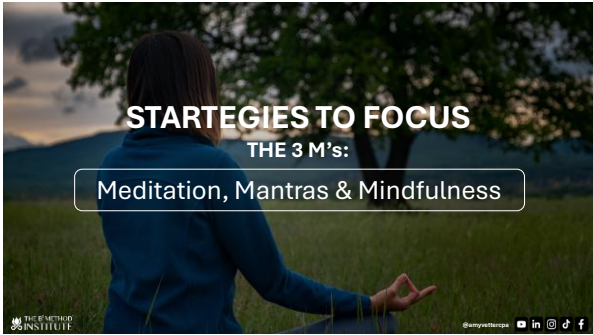
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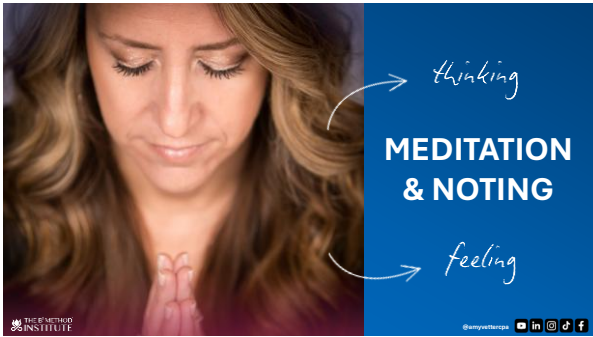
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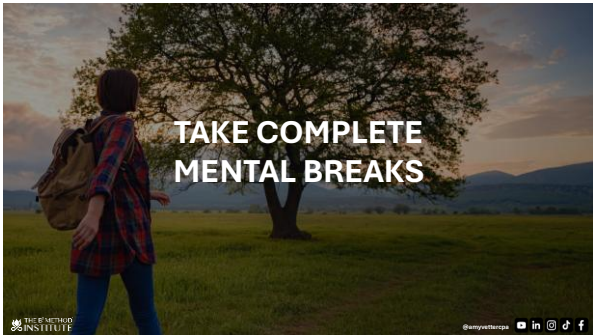
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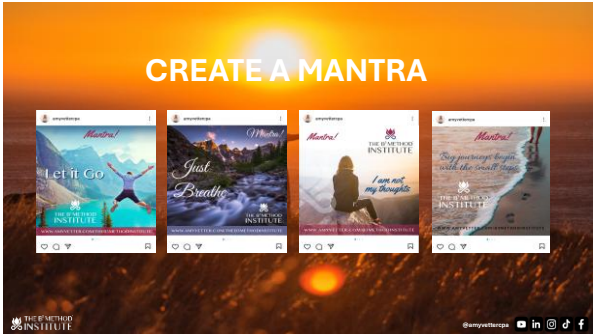
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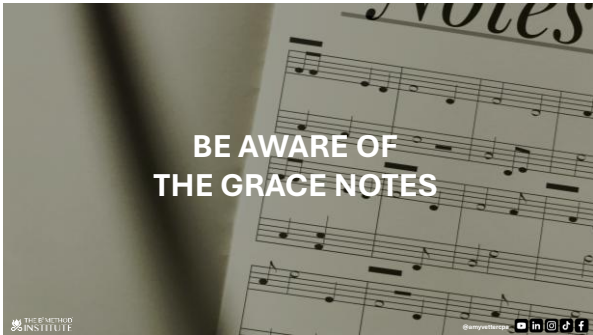
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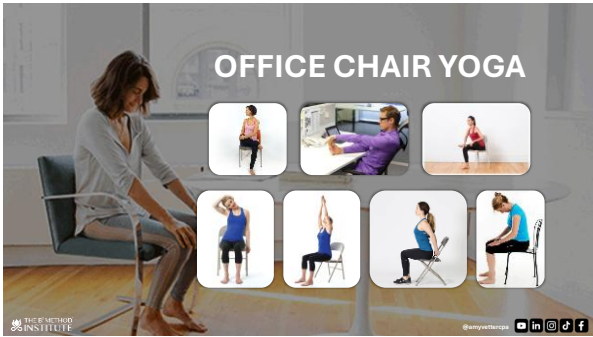
39



40



41



42



43

EXPLORE YOUR INTERESTS

Take a deep breath and connect with yourself. Prepare to be open to new possibilities that may take you out of your comfort zone.

When you are ready, honestly explore your answers to the following questions:

What activities did you love as a child and in school? Do you still do them? Which ones still draw you? What appeals to you about those activities?

What might the activities look like in your life now? What are some steps you can take to explore them?



44



BUILDING PROCESSES THAT CREATE BOUNDARIES AT WORK AND HOME

WORK-LIFE HARMONY[®] NOT BALANCE



45



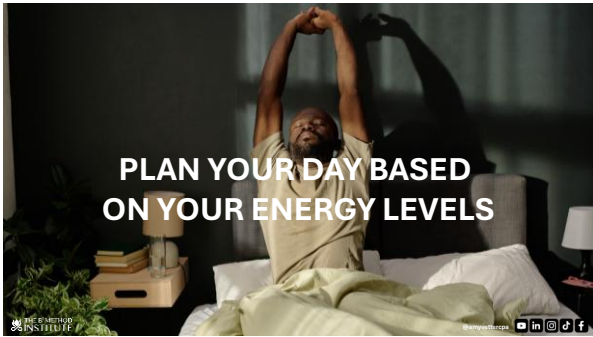
THE BRAIN AND MULTI-TASKING



46



47



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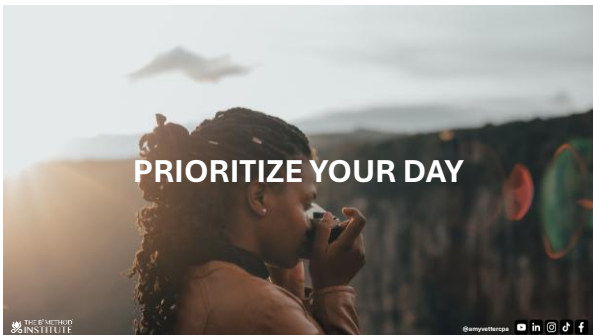
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50



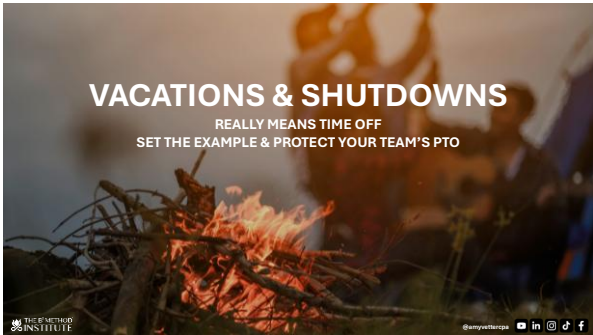
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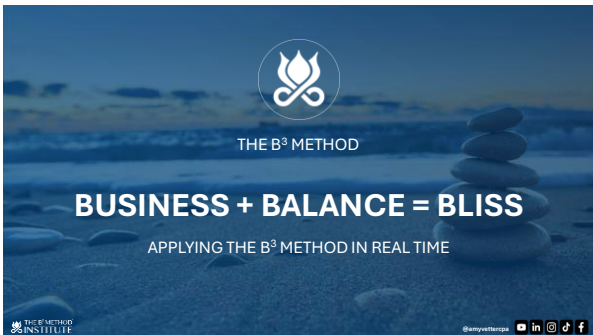
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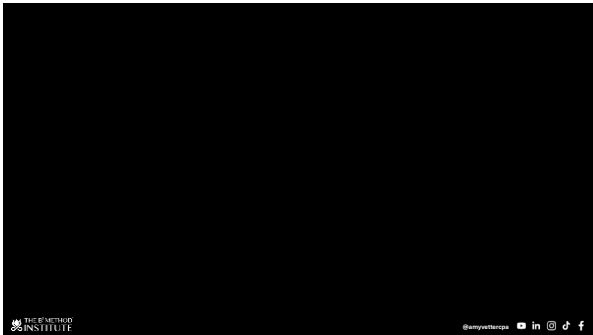
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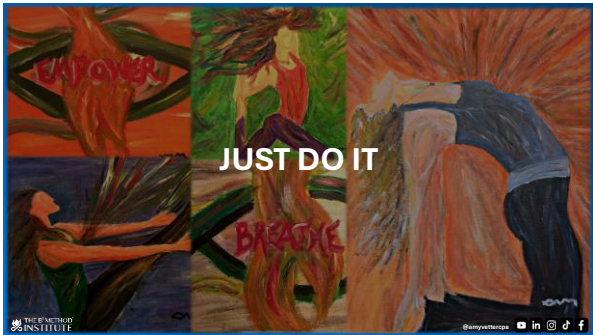
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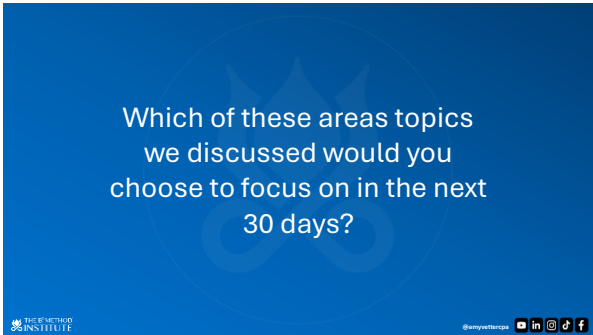
59



60



61



62

Live Content Slide

When playing as a slideshow, this slide will display live content

Poll: Which of these areas topics we discussed would you choose to focus on in the next 30 days?

63

“PEOPLE MAY NOT REMEMBER EXACTLY WHAT YOU DID, OR WHAT YOU SAID, BUT THEY WILL ALWAYS REMEMBER HOW YOU MADE THEM FEEL.”

MAYA ANGELOU

64

THE JOURNEY

THE B³ Method

BUSINESS
STRIVING FOR SUCCESS IN THE WORKPLACE

BALANCE
CREATING AN ENVIRONMENT OF MINDFULNESS & COLLABORATION

BLISS
BEING EMPOWERED AND MAINTAINING HAPPINESS

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22