

WHAT'S YOUR JOE JOE® ?

Giving up to get better

Inspirational, Life Challenges, Burnout Prevention

Does what you feel on the inside match what others see on the outside? Do you feel pulled in a million directions, not giving 100% at home or work, and afraid people are going to see through the facade? Is it time to change and you aren't sure you have the courage to make it happen?

MARCEY GAVE UP LIVING A HIGH-STRESS LIFESTYLE TO GAIN HER HEALTH AND LIFE BACK.

30-45 MINUTE KEYNOTE.



Determine what you need to **give up to get better**



Identify your **Joe Joe** or symbol of loss



Become super, without feeling like you need to be Superman or Superwoman

This program is perfect for people who:

Are experiencing life issues due to health crises, overwhelm, and/or burnout.

Play Me



Our health is an important asset to long-term success in our roles but is far from guaranteed. Using powerful life experience, Marcey Rader will inspire and provoke you to make the changes you need to make to go the distance.



What's Your Joe Joe?

- **Eric Syfrett** Executive Pastor, King's Park International Church