

Known as a change agent from the inside out, Leo F. Sawicki is a Canadian Author, Program Developer and Management Consultant. Leo has worked in sustainable community development since 1978.

Her extensive knowledge of the medicine wheel concept, with a background in strategic planning, uniquely qualifies her to facilitate personal and professional development seminars.

Leo holds a degree in communication and has taught at college and university level. She works with community programs, federal institutions and tribal councils in developing new systems, structures and programs. Leo is an accomplished author, facilitator and artist.

In this two day seminar she invites you to explore the medicine of your thinking and put in place a plan of action, for achieving balance.

Find out for yourself why others say achieving balance is enlightening, inspirational, motivational and thought provoking.

**leo
f.sawicki,c.c.**

Canadian Author and Management Consultant
Author of *Balanced Lifestyle*, *Anytime Stories*, *The Giant Panda Mission*, *Anywhere Stories*, *Seekers of Dream Time* and *Achieving Balance*. For more information on personal, professional or community development seminars e-mail sawicki8@hotmail.com



achieving balance

spirit - emotion - intellect - physical - relations - financial - afterward
tools and guidance to live **your** best life!

www.leosawicki.com

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**Canadian Author and
Management Consultant**

In this workshop Leo guides you through a series of steps to achieve balance and provides simple tools to become CEO and Director of self. Define your vision.

Conduct a personal inventory to see how well your wheel turns. Expand Your Knowledge

Create a New story based on high ideals and values.

Activate your self potential and know that the words you speak shape the outcome of your life and in turn affects future generations.

Make your life interesting and memorable.

Identify areas that require transformation.

Let go of limiting thoughts.

Process, remove and delete old systems. Reprogram powerful images.

Live in the Moment.

Develop simple tools and techniques to maintain focus and move you in the direction you desire.

Adapt to Change.

Apply new understanding that opens doors of opportunity and self determination.

Elevate language.

Replace weak language with softer more powerful words.

Build physical Strength.

Establish new rules and expectations.

as a result
you will explore
new frontiers
and reach
greater heights.



Develop good Relations.

Expand your circle of influence and emotional wellbeing.

Maintain Conscious Awareness.

Apply thought process.

Be open.

Enhance your life and evolve.

Monitor External Influences.

Be selective and directed. Develop self leadership tools.

Commit to desired change.

Apply the tools.

Refine Belief Systems.

Take responsibility for creating a brilliant future.

Enhance Sense of Wellbeing.

Establish new rules and expectations.

Create Financial Stability.

Design the freedom to move between vision, lifestyle and goals.

Be of greater value.

Come from a place of purpose and fulfillment.

Develop Your Plan.

Know the direction you wish to travel and what you require to get there.

Maintain Shift in Consciousness.

Be spontaneous and willing, open and optimistic, focused and flexible.

Be a role model.

Show others the way.