



# STAYING UP IN AN UPSIDE-DOWN WORLD

The sheer amount of all we have to deal with can leave us feeling over done and downright depleted.

Darren shares many fun and inspiring stories to help re-energize your group and leave them feeling up in this hectic upside-down world we live in.

*"What a great way to open our conference. Darren left us feeling "UP" and engaged."*  
– UMMAS Conference

## Your group will...

- be entertained and have some fun.
- learn to implement a few simple tools to help them feel more connected and in control.
- • understand how to calm down and re-centre in the middle of a hectic day or situation.
- learn how to better respond to challenges and achieve more positive and beneficial results.
- feel more up and inspired with other attendees, co-workers, clients, friends and family.

## Length of Presentation

This topic is available in times ranging from a one hour keynote to a half-day workshop.

*"Loved it!"* – Corner Stone Credit Union

Book Darren: (306) 535-3233

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