

## **CRAZY BUSY CONFERENCE**

Presented by Rozanne Raath (Business and Change Life Coach) and  
Sonelle van der Linde (Dietician, food fundi and caterer)

This workshop is aimed at Crazy Busy Business people searching and yearning to: set boundaries, stay focused on priorities and improve their effectiveness in all areas of life.

This is an ideal opportunity to boost team morale and to acknowledge your personnel.

### **WE WILL DIAGNOSE THE FOLLOWING SYMPTOMS AS WELL AS GIVE THE PRESCRIPTION FOR:**

- ✚ The Devil vs mankind
- ✚ Hello, My Name Is Busy
- ✚ Here, There, and Gone: Three Dangers to Avoid
- ✚ Mindful eating and investing your energy
- ✚ The killer P's of PRIDE
- ✚ Being an adult in your kid's crazy world
- ✚ Is screen-time leading to scream-time
- ✚ The "I-mark syndrome" and Love

*Feel free to read more about the presenters at [www.inspired2coach.net](http://www.inspired2coach.net) and [www.bfndietician.co.za](http://www.bfndietician.co.za)*

**Date** Saturday 5 September 2015

**Time** 8:30 – 13:00

**Venue** Bloemcare Conference Boardroom, 11 A G Visser Street, Bloemfontein

**Cost** R320 per delegate

**Includes** 4 hour workshop, conference material, breakfast, snacks and refreshments in a calm, relaxing and professional setting.

Please fill out the following form and return to [rraath.coach@gmail.com](mailto:rraath.coach@gmail.com) by Friday 24 July to confirm your companies' booking.

***healthy bodies = healthy minds = healthy businesses***

# REGISTRATION FORM

Information required on Invoice: (I will send your company a formal invoice)

Company name	
Address	
Email address	
Person invoice made out to	

Name, surname and special dietary requirements of delegates

Name	Surname	Special dietary requirements

Registration fee of R320 per delegate must be paid before 31 August to:

Account name: R Raath  
Bank: Standard bank  
Account number: 042131588  
Branch Code: 055534  
Reference: Companies' name

Please email form and proof of payment to Rozanne Raath [rraath.coach@gmail.com](mailto:rraath.coach@gmail.com) 083 411 0935