

# CAREY LOHRENZ

BE FEARLESS

## Striking a Balance: Life Hacks from the Cockpit



A successful career, a happy family, and a balanced personal life leave little time for many people to nurture their dreams. As a former Naval Aviator and corporate executive, and as a busy mother of four, Carey “Vixen” Lohrenz knows first-hand the challenges of navigating the many demands of daily work-life balance. In this riveting inspirational program, Carey will inspire you to be the catalyst and look beyond your circumstances.

Just as pilots do a “systems check” before takeoff, Carey will walk you through a Pre-Flight Check on your journey towards success.

- **Belief in Yourself and Your Abilities:** To be successful and ultimately take charge of your life, overcoming lack of self-belief is one of the biggest hurdles you need to overcome.
- **A Firm Commitment:** Be unwavering and purposeful in your actions.
- **Clarity of Purpose:** A clear picture of precisely what you want to achieve
- **Make a Plan to Stay Focused:** Keep life’s distractions and interruptions at bay by creating your plan – and sticking to it.

This highly popular program will inspire and energize, while providing work-life balance tools to help audience members regain control of their personal and professional lives.

An industry pioneer and team performance accelerant, Carey is uniquely qualified in the fundamentals of Leadership, Teamwork, Winning Under Pressure, Reducing Errors and Overcoming Obstacles. This highly popular risk management program will challenge, inform, and inspire your team to move to higher levels of performance, even during difficult economic times. Lohrenz offers bottom-line expertise with clear, realistic takeaway items for audiences that can produce both short-term and life changing results.



TO LEARN MORE, VISIT: [WWW.CAREYLOHRENZ.COM](http://WWW.CAREYLOHRENZ.COM)