

Mary Faktor presents her LIFE BALANCE WORKSHOP

# *Inner Voices~Smart Choices*

OPEN TO THE PUBLIC ~~~PAY WHAT YOU CAN

**INNER VOICES~SMART CHOICES** is an interactive workshop that reaches people on an emotional & logical level. This life-changing experience promotes life balance, relationship communication & stress reduction. Mary's blend of humorous anecdotes, thought-provoking poetry, and fun cartoons makes this inspirational & educational workshop unforgettable!

*Do you...*

- *Ever ask yourself, "Why does this keep happening to me?"*
- *Notice your stress is higher & your temper shorter?*
- *Think your self-esteem has been affected by a job loss or relationship breakup?*
- *Experience depression, anxiety, procrastination, fatigue or illness?*
- *Question your relationship or career choices?*

**INNER VOICES~SMART CHOICES** will guide you to:

- *Pinpoint when, where and how you got yourself "stuck," and how to get "unstuck"*
- *Keep a positive attitude in a negative world*
- *Take control of your life . . . without being controlling*
- *Set boundaries so you are no longer controlled by others*
- *Make the right choices, based on natural consequences instead of exaggerated fears*
- *Improve personal & work relationships through new communication skills*

**INNER VOICES~SMART CHOICES** is being presented on a **PAY WHAT YOU CAN** basis on **Saturday, June 12, 2010 from 10am to 4pm** at Barlow Community Center, 39 S. Oviatt Street, Hudson, OH 44236 – **SEATING LIMITED - CALL TO RESERVE YOUR SPOT.**



## **ABOUT THE SPEAKER**

**MARY FAKTOR** is a professional speaker, life coach, actor, business owner, & author. Mary is personally certified by Jack Canfield (*Chicken Soup for the Soul, The Success Principles*) & trained by Dr. John Gray (*Men are from Mars, Women are from Venus*). Mary speaks, performs, & facilitates a variety of interactive workshops throughout the country. She is a member of the International Federation for Professional Speakers, National Speakers Association, Screen Actors Guild, National Assn of Self Esteem, Cleveland Coaches Federation, and is listed in *Who's Who of Professional Speakers*. A graduate of THE SECOND CITY, Mary is featured in the Oscar nominated film *AMERICAN SPLENDOR* (with Paul Giamati) & *AND THE WINNER IS...* (with Jerry Springer) among others. Mary's original one-woman comedy show, *THE SIX AGES OF WOMAN*, has delighted audiences for over two decades, and her poetry book, *INNER VOICES*, has touched the hearts of thousands of readers. Mary conducts retreats at her home, The Angel's Nest in Peninsula, OH.

**For more information:**

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