

**Nancy Attrill** is available to speak at your next employee, business or association event or meeting!



Nancy knows more than 50% of your audience has inadequate sleep and even more are stressed to the "max", affecting the way they handle work and personal pressures. Want to create a calm, productive existence in work and play? Let these dynamic and informative presentations show your audience how they can take back control of their lives!

### **Popular Speaking Topics**

**BRAIN FITNESS: Healthy Brain, Healthy You!**

**PRODUCTIVITY: 6 Tips to Achieve Excellence**

**WORKPLACE WELLNESS: 5 Easy Ways To Be Healthier Now**

**WOW Your Clients — World Class Service!**

**Sleep, Anxiety, Stress Strategies**

Nancy has presented workshops to employee groups and service clubs including topics such as productivity and excellence in client services, and has provided health coaching support in her capacity as a Natural Health Specialist. Her clients have included educators, managers and other business professionals.

**BOOK NANCY NOW! CALL 519-494-2075**

Clients' comments...

*"...best course I have ever taken, thank you!"*

*"I have really enjoyed these modules and I will be taking a lot of those tips and knowledge and will definitely apply them in my day to day, both on a professional and personal level. You are an amazing speaker and I look forward to learning more from you."*

**Nancy** is an expert in bringing help to businesses and individuals who want to manage their lives and work in a productive, balanced way. She has spent 30 years in the corporate world including management positions, and is a natural health educator specializing in brain health. She has been helping people restore life balance since August 2007.



*"I have attended [Nancy's] speaking events, as well as hired her to present learning workshops on my behalf to insurance professionals. She is always well-prepared, and fully engages her audience with an interesting and meaningful message." — Carol Dawe, Dawe & Associates*

*"[Nancy] is animated, personable, knowledgeable and able to hold an audience's interest. She has been a speaker for the Insurance Institute on several occasions.*

*You won't be disappointed with any work Nancy does for you."*

Wendy Barbour, Chapter Manager, Insurance Institute

[AdvantageWorkplaceIntegration.com](http://AdvantageWorkplaceIntegration.com)



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