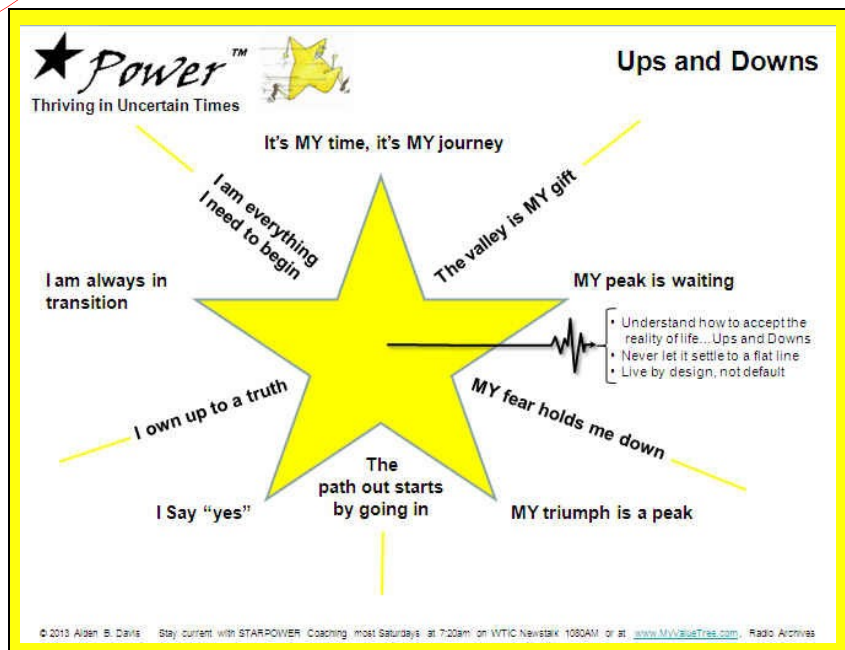
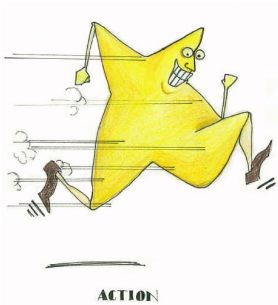


MyValueTree.com
presents

UPS N' DOWNS

Mastering the rhythms of life

Keep From Flat-lining
Embrace the Ups & Downs of Life



MYVALUETREE.COM
PRESENTS

Dr. Annette Rogers. You may have heard about her Conflict Workshops or Leadership classes at the University of Hartford; now work with her live at **Ups N' Downs.**

E-mail: Annette@MyValueTree.com

Life is a series of Ups and Downs. Understand and accept this reality of life and learn how to turn the downtimes into the greatest moments of growth and gain clarity in your up-times. Give yourself the edge with **Ups N' Downs** and be equipped with 10 insights that can give you a whole new outlook on life. Get motivated and plan to thrive in uncertain times.

Remember, this is YOUR time; this is YOUR journey. Step over a fear that is holding you down and say "YES" to your future.

At the end of the workshop:

- Know how to manage the rhythms of life
- Embrace "downtimes" as gifts
- Maximize your "up times"
- Be motivated to own a truth and get into action

"I am everything I need to begin."