



CTN BROADCAST

Thursday, July 13, 2006

9:30 – 10:30 AM CT

10:30 – 11:30 AM ET

8:30 – 9:30 AM MT



“Burn Brightly Without Burning Out: Work and Life Balance”

Featuring:

Richard Biggs, President of Biggs Optimal Living Dynamics

Author and Speaker who works with Fortune 500 companies, associations, government agencies and professional organizations on six core topics: leadership/mentoring, communication, teamwork, work/life balance, people empowerment and peak performance. <http://biggspeaks.com>.

Target Audience:

All employees looking for balance between work, home and play!

Program Overview:

Richard Biggs gives an overview of his 20 key principles to living a balanced, productive life. He will highlight the fundamental 3-5 principles that can put employees on a path to “burn brightly without burning out.”

Participants will be able to:

- Understand key steps to productivity and life balance
- Understand that integrity is at the heart of this plan
- Define personal goals, priorities, and plans that are in balance with career/work goals, priorities, and plans.

**For more information, contact:
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