

LunchBOX Seminars

For Lifestyles On The Go!





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Let's Do Lunch...

LifeBites LunchBOX Seminars -- *For Lifestyles-On-The-Go* are designed to feed your mind and body! The majority of us spend 8-16 hours per day on our career, which means multi-tasking our jobs with the rest of our life. That doesn't leave much time to incorporate new information.

Moving from REACTIVE to PROACTIVE

Now with LifeBites LunchBOX Seminars, individuals and companies can fit their career strategies into everyday life without leaving the office. LifeBites LunchBOX Seminars help people get back on track quickly by giving them a "kick-start" in connecting the company's goals with their own internal motivation.

This is how we create results!

- By uncovering the mental blocks to change and transformation
- Getting everyone on the same page – Moving from reactive to proactive
- Creating tools and systems to help with the transformation
- Facilitating the connection between company and individual

Release – Create – Transform

By letting go of the old identifying blocks and beliefs and creating a space for the new information, LifeBites can POSITIVELY help you maintain and expand your business and it's bottom-line. According to Dale Collie, author of *Winning Under Fire* and one of Fast Company's "50 Most Innovative Leaders," states the top five reasons for STRESS in the workplace are:

- Lack of control
- Lack of communication
- No appreciation
- No feedback – good or bad
- Job and career ambiguity due to mergers, layoffs, etc.



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Whether you know it or not, these areas all affect your revenue. Workplace stress is on the rise and it is costing corporate America a fortune. Some estimate that 80% of health care costs are stress related, and these expenses go directly to the bottom line. The Institute of Management Excellence reports that American industry spends more than \$26 billion each year for medical bills and disability payments, with another \$10 billion for executives' lost workdays, hospitalization, and early loss of life. In addition to these staggering figures, stress takes its toll through the added costs of quality control, legal challenges, lost opportunities, poor performance, and bad attitudes.

LifeBites LunchBOX Seminars are customized for your work environment and can vary from one-hour lunch seminars to ongoing programs. As part of the offering, LifeBites LunchBOX Seminars have an extended team of experts* to help with more in-depth issues that need ongoing support and guidance.

*LifeBites LunchBox Seminars TEAM list provided by request

LifeBites LunchBox Seminars Include:

- From one-hour seminars to ongoing customized programs and support
- Lunch with snacks for both your "tummy" and your mind!
- Employees receive a set of take home tools they can utilize long after the seminar, including the LifeBites cards and the *Lifestyles-To-Go* CD!

Power -- Clarity -- Focus

The LifeBites philosophy is "make it fun and entertaining." We don't believe in giving too much "heady" information that will be forgotten in a week. Allow your employees to get inspired by new growth, not fearful of it. The power of change is in new knowledge. The power of retaining it is how engaging you make it!

Nina Boski is a facilitator, host, communicator, businesswoman, and founder of LifeBites Media – Lifestyle-To-Go, a multimedia company that improves people's lives everyday! LifeBites has developed easy-to-use products and services, allowing individuals and companies to easily incorporate personal growth into everyday life. Through the use of the media and thought provoking merchandise, along with life coaching and corporate seminars, Nina's vision is to help people and companies not just affirm but actualize their goals by strengthening their weak areas of their internal environment. With a unique combination of fun and motivation, Nina encourages you to "Take a bite out of life, before life takes a bite out of you!"

For more information:

Call today about a **FREE** no-obligation consultation and get your company moving forward!
310-567-5433 or 877-GTA-LIFE (482-5433) or email nina@lifebites.com