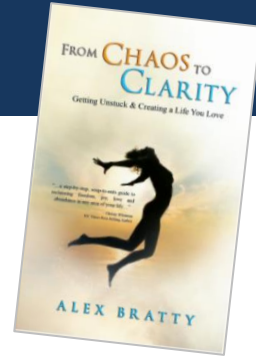


Alex Bratty

Executive Coach & Bestselling Author

www.alexbratty.com/speaking



~ Speaker Intro & Talk Summary ~

TITLE: From Chaos to Clarity: How to Consistently Thrive & Chart Your Course to Success in Business & Life

-- For career professionals and business owners

SPECIAL GUEST: Alex Bratty, Executive Coach & Bestselling Author



Are you fed up of feeling overloaded – juggling work, life, and that never-ending to-do list?

Have you tried all the usual time management tips and tricks but you're not seeing the results you want?

Are you craving just a modest oasis of guilt-free “me-time” in your week?

Join Alex and discover how to transform the overwhelm so you can chart a course to success on your terms.

In this benefit-rich session, you will:

- ✓ Discover the #1 reason you sometimes find yourself in overwhelm and how it's impacting more aspects of your life than you think.
- ✓ Identify the root causes of your stress using Alex's self-assessment checklist so you know what specifically needs to change.
- ✓ Use Alex's proven Key to Clarity process that will help you take back control and get crystal clear on what you want in any aspect of your life.

“Alex's presentation really resonated with me...it really helped shine a light on what I need to focus more on in my life.” ~ Jacki Ramirez, President, National Association of Women Business Owners, Southern Nevada

“Alex is a fantastic speaker. She has an energetic presence that is exciting and contagious. Her stories are very relevant and her insights are right on target.” ~ Robin Garfield, Sr. Vice President, CNN

“Alex Bratty is warm, engaging; her enthusiasm energized our group and her knowledge made a real impact on our members.” ~ Kris Amundson, Exec. Dir., Ntl. Assoc. of State Boards of Education