# The power to *live*, the power to *change*, the power to *connekt*!

**JANET WISZOWATY**

## The Power to Change

Our constant exposure to crisis, and conflict has become so common that it can seem like a normal part of your life. Move from trauma to celebration by making the conscious decision to stop, review, and shift your thinking from the negative to the triumphant. Participants will:

- Learn how to reduce the damage from negative messages and traumatic events for a powerful future.
- Feel content and balanced in their life and work.
- Break away from old "go to" habits and emotions and experience a new and brighter perspective.

## Balance is Not Just a Buzzword!

You may feel that balance = fulfillment, yet are still feeling lost trying to attain it. Learn to lead a life worthy of celebration by addressing seven simple elements. Participants will:

- Define the true meaning of healthy balance and it's positive effects
- Learn to shift their thinking in order to achieve your own personal sense of balance.
- Learn the seven elements and get ready for a transformation from stress to celebration!

## Making Change Work for You

Do you feel trapped by circumstances beyond your control? Learn how to take a seemingly uncontrollable situation into your own hands for a terrific and satisfying outcome: a life with rewards, warmth, and meaningful connections, and finally look forward to your future! Participants will:

- Learn how to see opportunities in every situation and choose the best course of action.
- Learn to create warm, welcoming spaces for community, no matter the circumstance.
- Discover how embracing adventure and exploration will make your life rich, full and rewarding.

Janet Wiszowaty is a sought after speaker, author, and coach who gets to the heart of a subject and transforms lives. Janet has a passion for aiding people on a journey of self-discovery. After years of working in emergency services, she realized the importance of connekted families and communities in the midst of chaos, and that's when she founded FamilyConnekt. Her inspiring stories capture audiences as they begin a journey that connekts them with their greater purpose no matter what has or has not happened in their lives.

Janet's coaching, speaking, and writing reflects what she has learned in her over forty years of marriage to her life partner, raising her family in several different cities, working in emergency services, surviving traumatic experiences, and creating her own circumstances for happiness. Her work has given her invaluable insight into people's lives and troubles allowing her to further connekt with them. She has trained with international leaders to help others balance adversity and emotional upheaval, and lead fulfilling lives. In the book *Power to Change*, Janet's chapter encourages readers to Journal for promoting positive change.

With Janet audiences really feel the power to change! She gives hope to those healing from traumatic incidents, including bullying, injuries, or domestic violence as well as first responders. Participants will gain clarity, enhance their creativity and strengthen their personal goals for dynamic, powerful change.

Book Janet now for your next event!
780-983-0840 janet@familyconnekt.com

*"Janet is an amazing and powerful speaker. I just love having her present. She provided great value, experience, and delivered expertise with heart."*
—Caterina Rando, Business Strategist, Coach, Speaker, Publisher

FamilyConnekt
LIFE IS A TEAM SPORT

## BOOK JANET TODAY!

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