

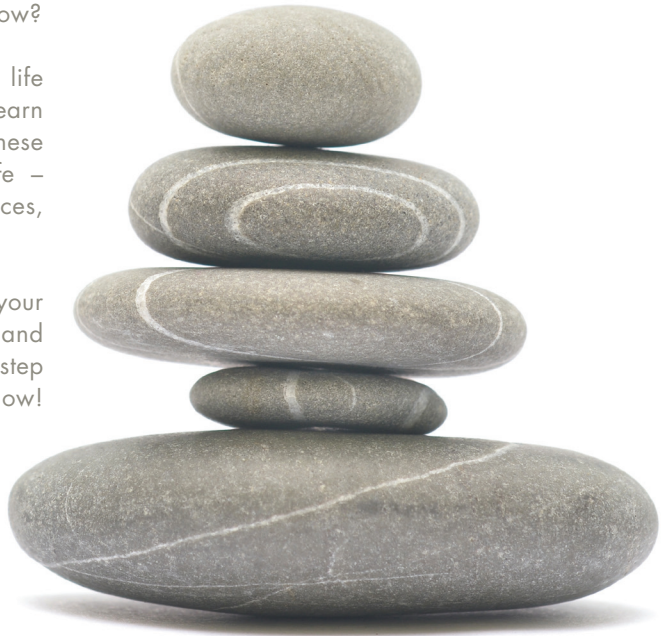
Balancing Life with the 5F's

Faith, Family, Fitness,
Finances, & Friends

Are you living your best life now?

Participants will visualize the life they've always wanted and learn how to find balance with these five important aspects of life – Faith, Family, Fitness, Finances, and Friends.

Discover ways to re-prioritize your life to find greater purpose and balance every day. Be one step closer to living your best life now!



About the Speaker:

Michael Podolinsky invested more than 30 years learning and understanding priorities, productivity and goal attainment. Author of 15 books including 'From Stress to Success', 'Winning at Work' and 'Productivity: Winning in Life', Michael helps people find order in the chaos of life to get the most out of their lives. His client list includes Singapore Airlines, IBM, HSBC, MINDEF, Pfizer, 3M, Hyatt and Prudential.

Sun, Feb 26
2.30-5.30pm
Trinity@Paya Lebar
247 Paya Lebar Road