

Career

Finances

Fun

Relationships

Health

Lifestyle

BALANCE

Work-Life Balance in An Accelerated World of Change



Getting the Job Done!

Paul Michael White creatively helps individuals and organizations solve their problems. He works with companies and individuals that need to develop healthier Work-Life Balance. In today's business world, we all seem short on time and often results. There is only one answer: BALANCE! People who have appropriate Work-Life Balance are more productive, are fun to work with, are healthier employees and they get the job done, both personally and professionally. As a result of Paul's presentations, audiences improve their life performance. Period. A gifted storyteller with a dynamic communication style, he crafts every presentation to sparkle the audience to action and there is no audience too big! One last idea: Paul's presentations are ALL ABOUT YOU!

Paul Michael White

Work-Life Balance Expert, Author & Inspirational Speaker

Helping People Help Themselves in a Fast-Forward World of Constant Uncertain Change!

Nuggets about Paul

*Masters Degree, Counseling Psychology
Bachelors Degree, Education
Bachelors Degree, Health & Physical Education
Presenting to audiences for over 14 years
Certified Canadian Counselor
Cognitive Therapy Specialist
Professional Fitness and Lifestyle Consultant*

A Few Clients

Johnson Incorporated Reed Hycalog International
Shell Aerocenter Provincial Aerospace Ltd
Government of Canada Nubody's Fitness Centers Inc.

Paul's Presentations Supply:

- Action Orientation!
- Specific Techniques and Skills!
- Strategies for Improvement!
- Authentic Insight!
- Laughter and FUN! ☺
- Entertainment and Education!
- How-To Ideas for RESULTS!
- Motivation & Staying Motivated!
- Success Reality Tactics!



Some Topics

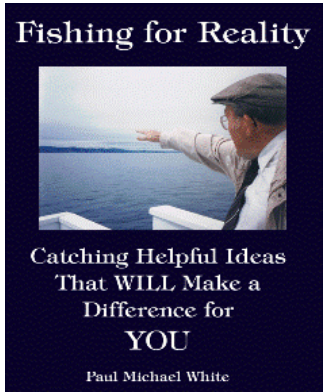
- Self Directed Team Leadership
- Battling Life's Blues
- Professionally Busting Stress
- Newfoundland Nature Therapy & Much More!

Keynotes

- "Fishing for Leadership: Lessons on the Fly!"
- "Fishing for Work-Life Balance!"



What is YOUR Reality?



"Paul's presentation was dynamite! His clever wit and self-actualizing message was an uplifting voice of self improvement and personal character development! THNX!"

-Troy, Barrie Police

The Real Ship you are leading is a ship called YOURSELF!

- Skipper Michael Joseph Bruce

**www.paulmichaelwhite.com
1-709-687-1031**