

## NEWS RELEASE

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FOR IMMEDIATE RELEASE

FOR MORE INFORMATION,  
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### *-Post 01/21—From Chaos to Clarity:* **A New Work-Life Model for Making Loss a Springboard for Success**

At this time of global upheaval and losses, it is an opportunity for individuals to reevaluate and restructure their careers and personal lives so that they are sustainable over the long term. Work-life expert Bonnie Michaels is offering a variety of venues and topics to get individuals started. Ms. Michaels will provide tools, direction and a **new work- life model** for those who have lost a job, home, savings, or a sense of security.

#### **Activities and discussion will include:**

- Analyzing the current situation
- Clarifying and aligning self with values, integrity and spirit
- Harnessing resilience and flexibility
- Redefining success
- Strengthening your inner core
- Learning how to get the support you need
- Establishing a healthy relationship with money
- Restructuring your life using a **new work-life model** that is flexible and continually evolving

#### **Venues include:**

- Presentations
- Workshops
- Teleconferencing
- Retreats
- Individual consultation

Bonnie Michaels is a work-life expert, speaker and author. She has worked around the globe for over 22 years assisting companies and individuals with work- life conflicts and solutions. She is the co-author of *Solving the Work/Family Puzzle* and *A Journey of Work-Life Renewal*. She is a regular contributor to the media and appears on CNN, ABC, NBC and Australian TV. Managing Work & Family, Inc., [www.mwfam.com](http://www.mwfam.com)