



WBEA Third Friday Educational Encounter

August 21, 2009

You CAN Get It All Done:

Mastering Control of Your Time

Master Your Emotional Reactivity!

What happens when you feel yourself running out of time?

To your body _____

What are you feeling _____

What are you telling yourself _____

What actually happens? _____

How to regain control: _____

Notes: _____



Shari Frisinger, President of CornerStone Strategies, L.L.C., speaker, presenter & coach, has researched how personalities interact with each other and connects those behaviors to your mind. She is certified in Emotional Intelligence and Behavioral Assessments. Her clients are companies that are serious about impacting their bottom line

