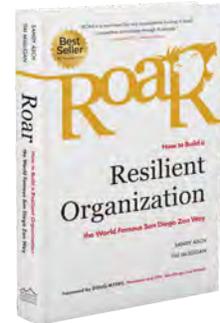




SANDY ASCH

BEST-SELLING AUTHOR | KEYNOTE SPEAKER

Learn from the expert who taught the world famous San Diego Zoo to ROAR with purpose and passion.



TAKE BACK LUNCH

The 3 habits you must develop to prevent burnout & balance work with life

Far too many of us have bought into the belief that the best way to keep up with demand is to work all of the time. Sandy guides an exploration on how to take back control of your time and energy, discover what's distracting you and causing fatigue and stress, and how to develop clear boundaries to stay healthy and balanced.

OUTCOMES

1. Understand how to make the best use your two most precious resources - time and energy.
2. Identify your biggest "thieves" - the things that rob you of your time and energy.
3. Explore how to set clear boundaries between work and home.
4. Find and schedule your "sweet spot" - time when you are most effective.
5. Take away practical tools you can implement immediately to take back lunch!

CLIENTS (Partial List)

Corning Inc.; Berkshire Hathaway; UCLA Anderson Business School; Linkage; KPMG; San Diego Zoo; HEB; NBC Universal; Southwestern Energy; Amegy Bank; LPL Financial; City of Houston; Women's Food Service Forum; Women's Energy Network.

ABOUT SANDY

Sandy Asch is a best-selling author, speaker, entrepreneur, consultant and woman of influence award winner. Her book, ROAR, was named by INC magazine as one of the best business books written by a woman. Over the past 20 years, through keynote presentations and workshops, 40,000+ leaders in 50 countries and 6 languages have implemented Sandy's ideas to embrace change, manage work-life balance and be more resilient - to ROAR with purpose and passion.

WATCH SANDY IN ACTION

Watch how Sandy gets audiences ROARING with purpose & passion, and read what participants are saying about her inspiring keynotes.

[CLICK HERE TO HEAR THE ROAR](#)



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