

"Damn-It!"

*Channeling Negative Pressure
into Positive Energy*

JANICE OTREMBA ...Your Catalyst for Change

Beat Burnout. Lower Stress. Power Up Your Happy.

JaniceOtremba.com





The average person's week...

25%

59%

53%

37%

12%

Just say, NO!

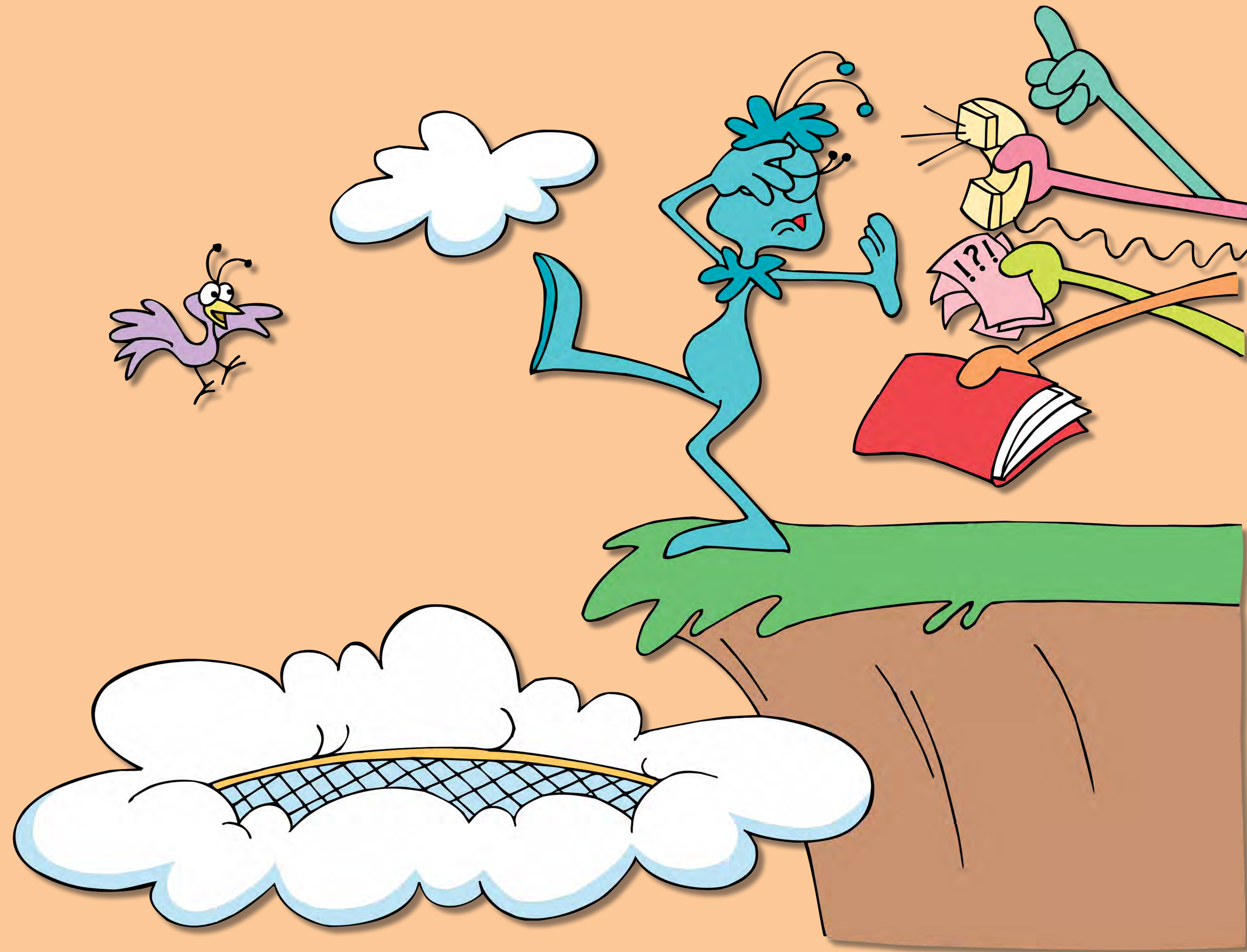
COMPOSE

Inbox (6,763)

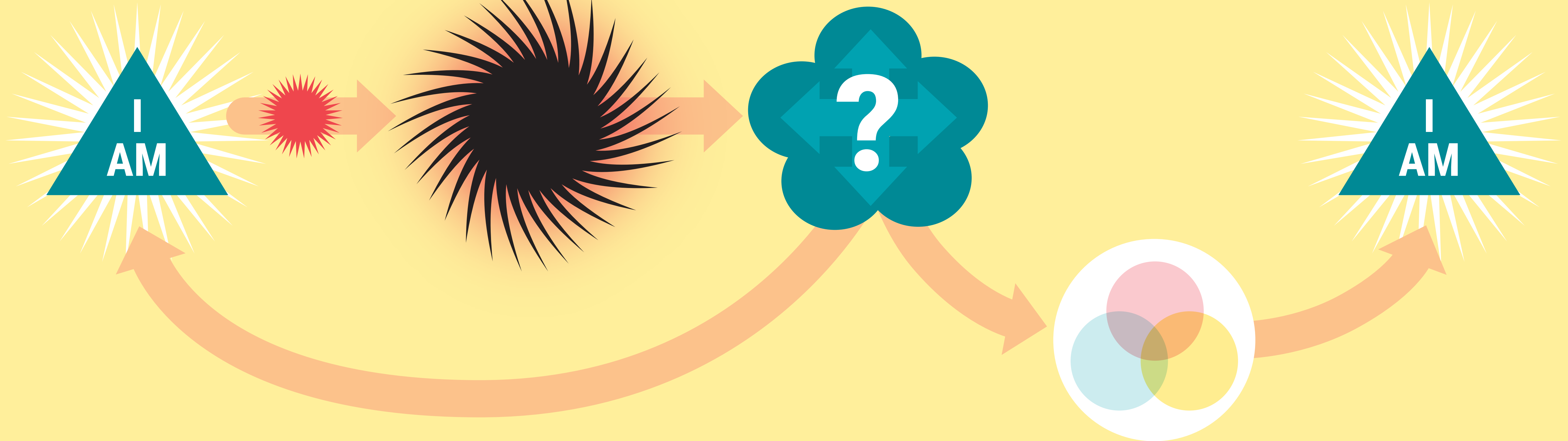
17 hours a week!



Intellectually • Emotionally • Creatively



Status Quo
“Normal”



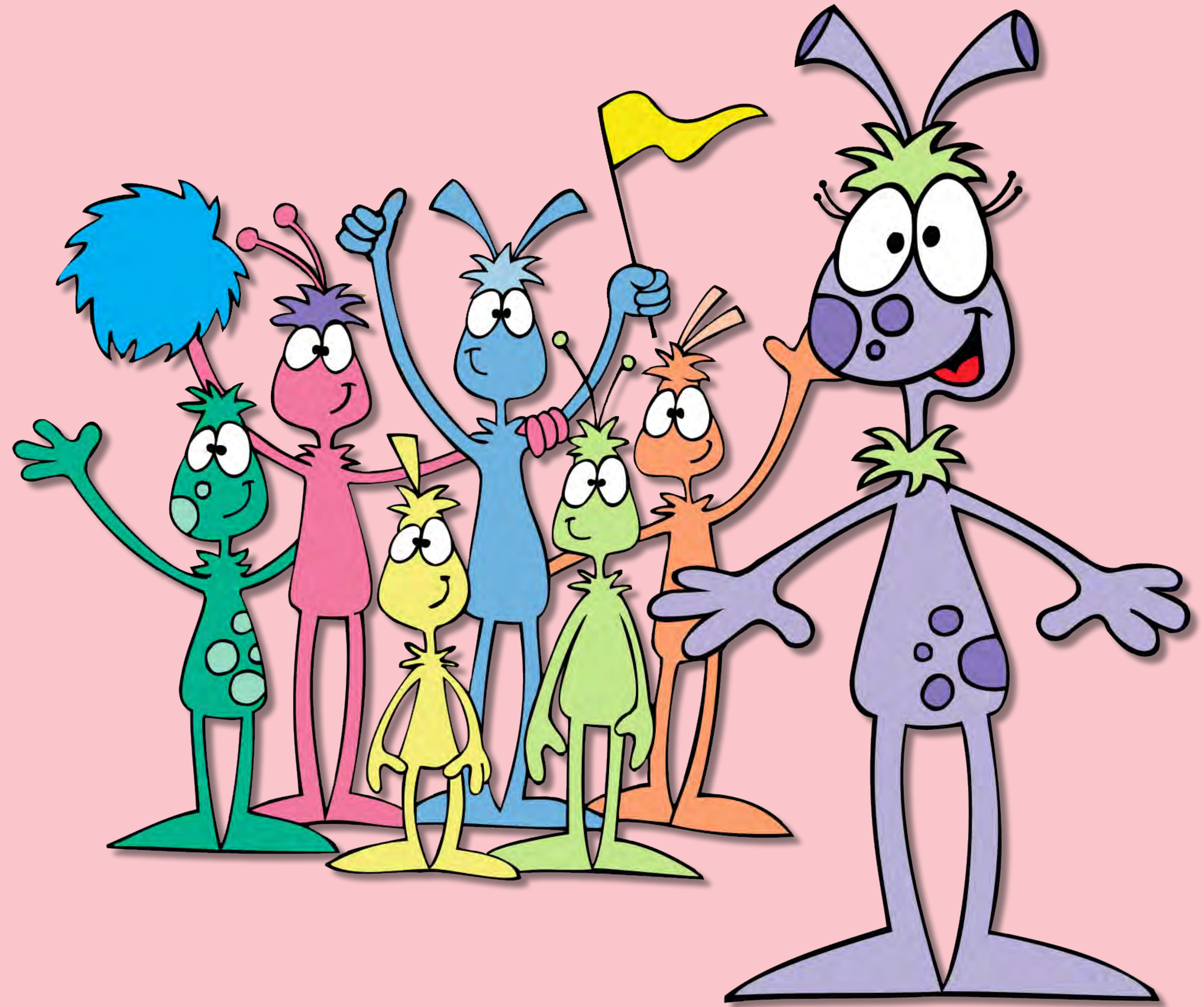
New
Status Quo

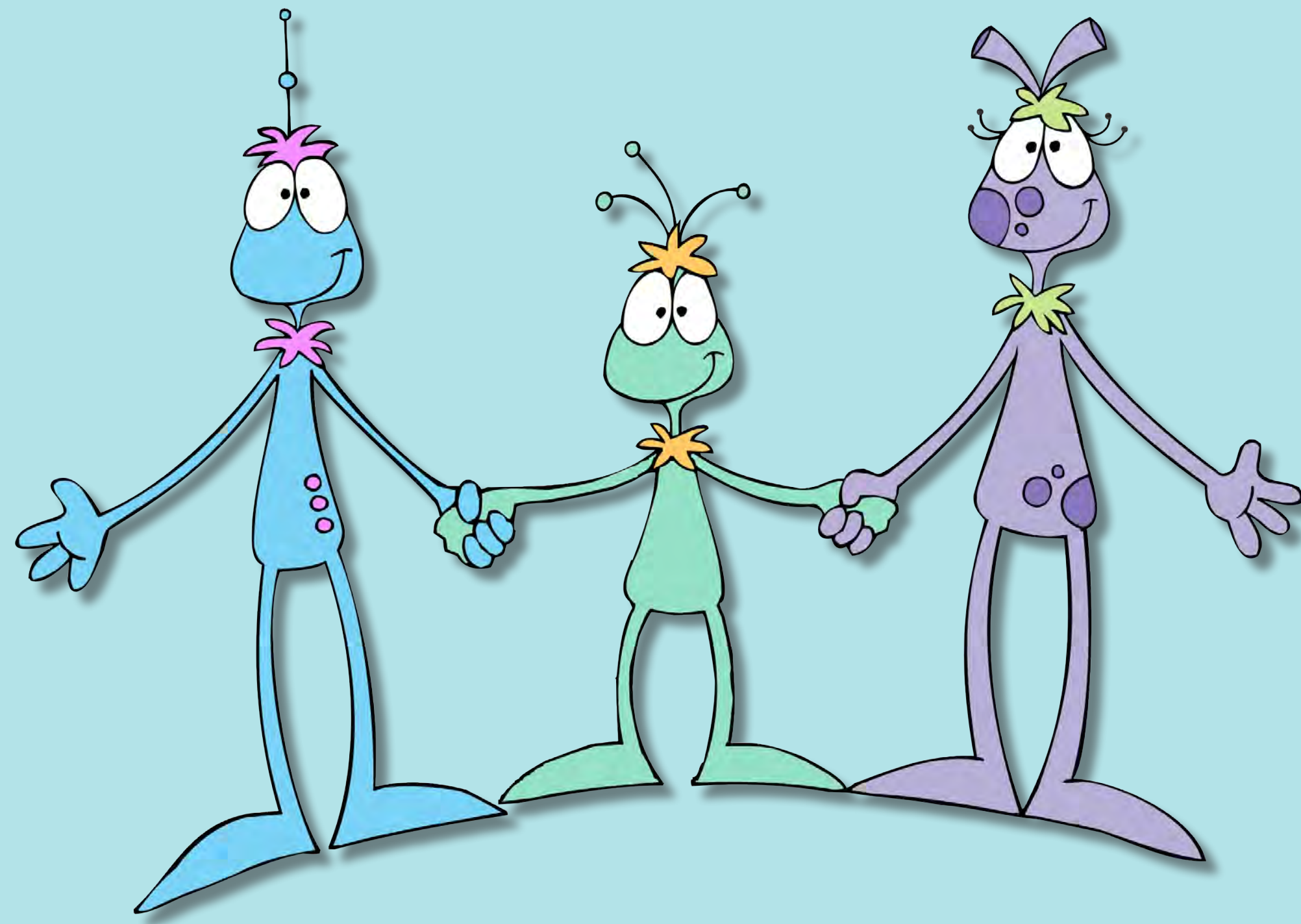
Process of Change



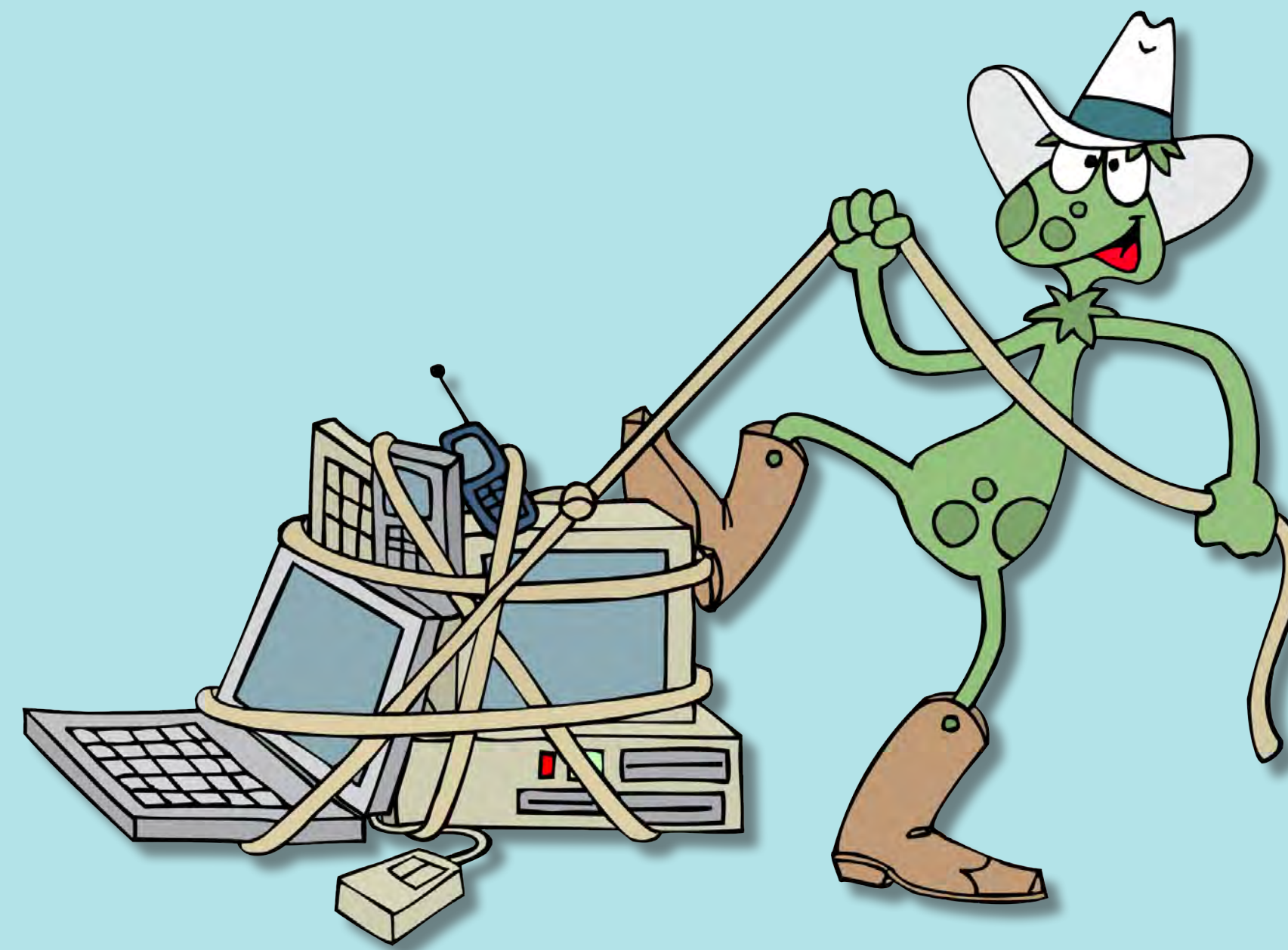
4 Stages of Burnout

**Decide
Commit
Support
You**

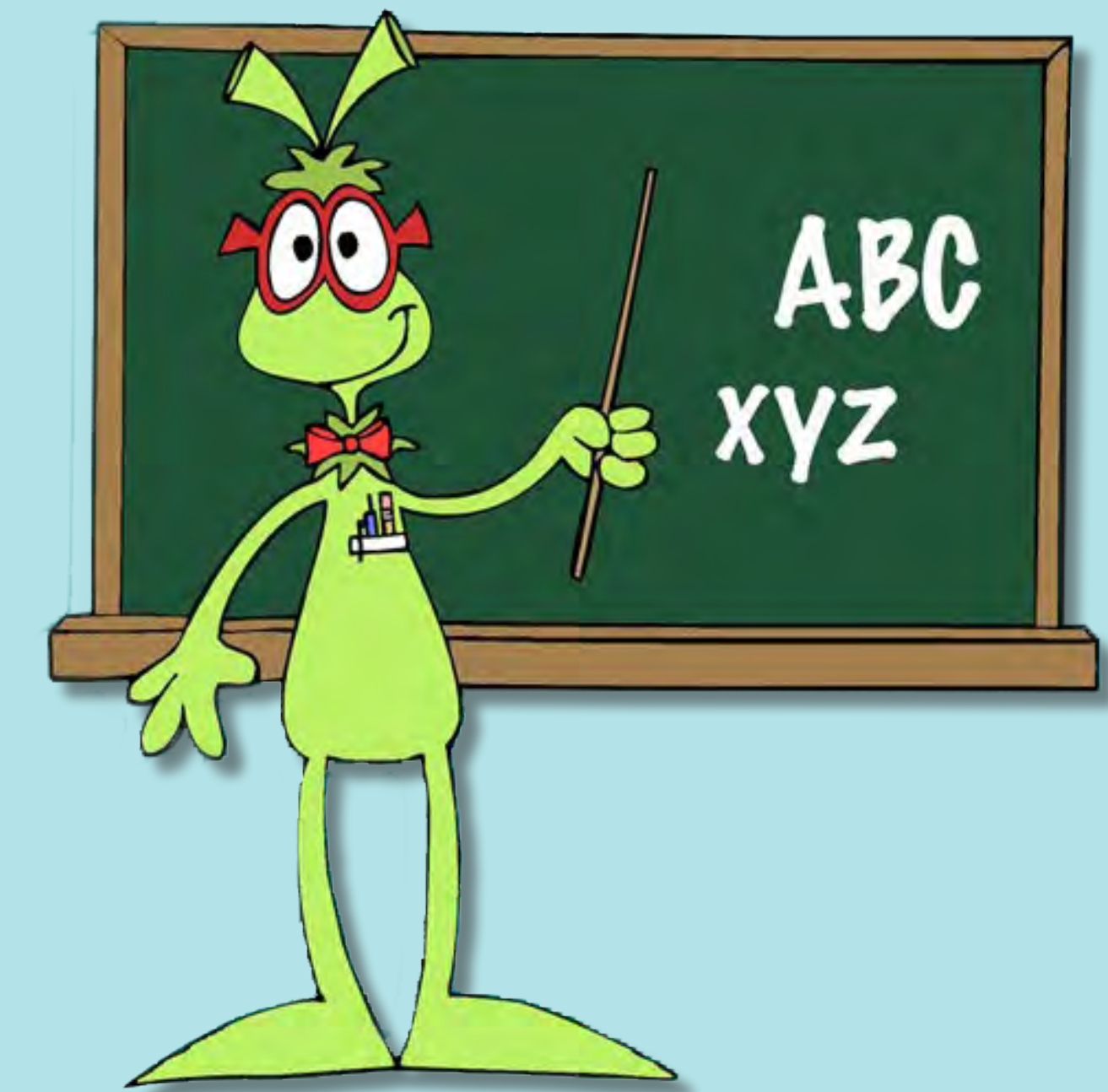




People

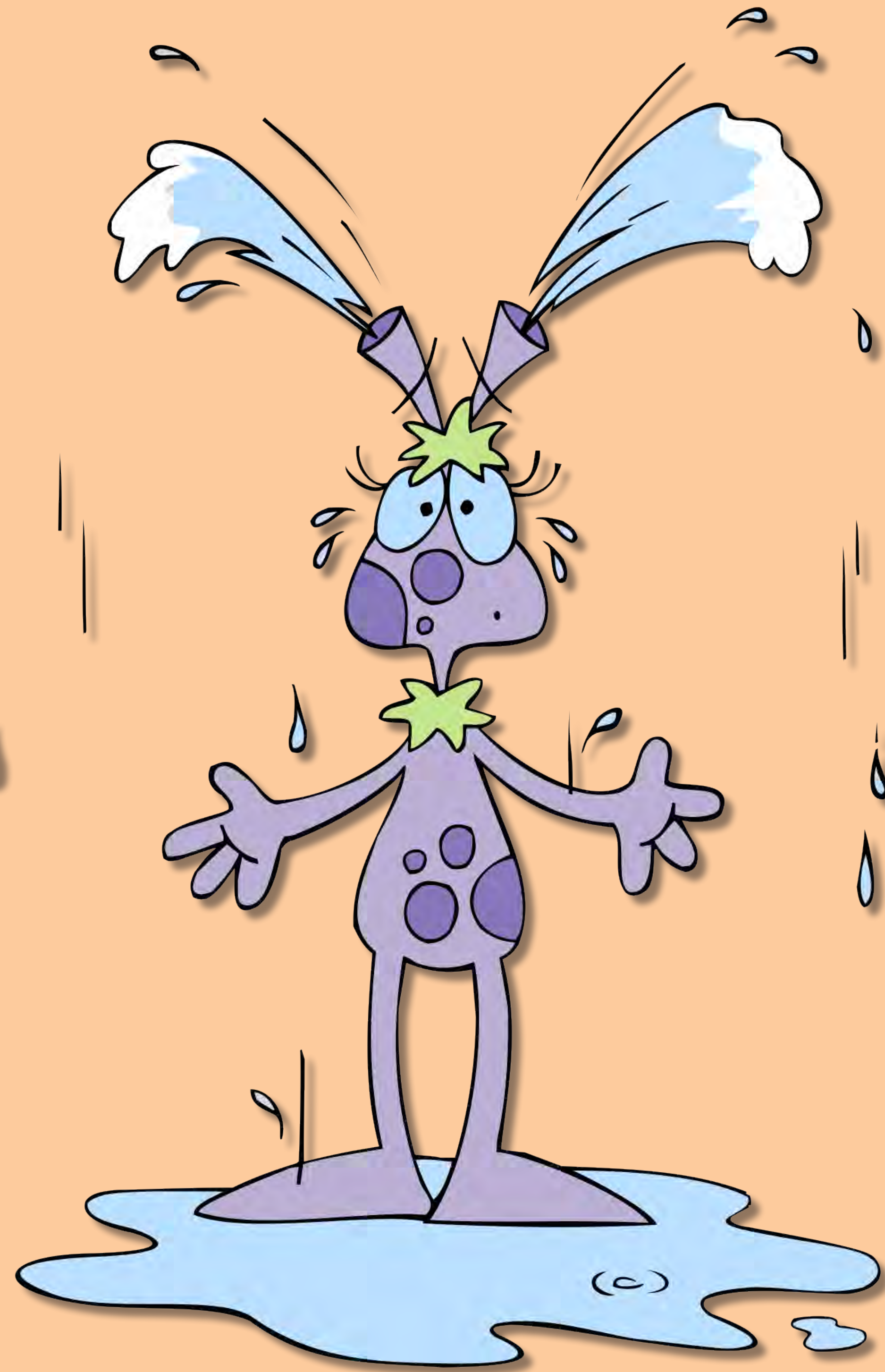


Performance

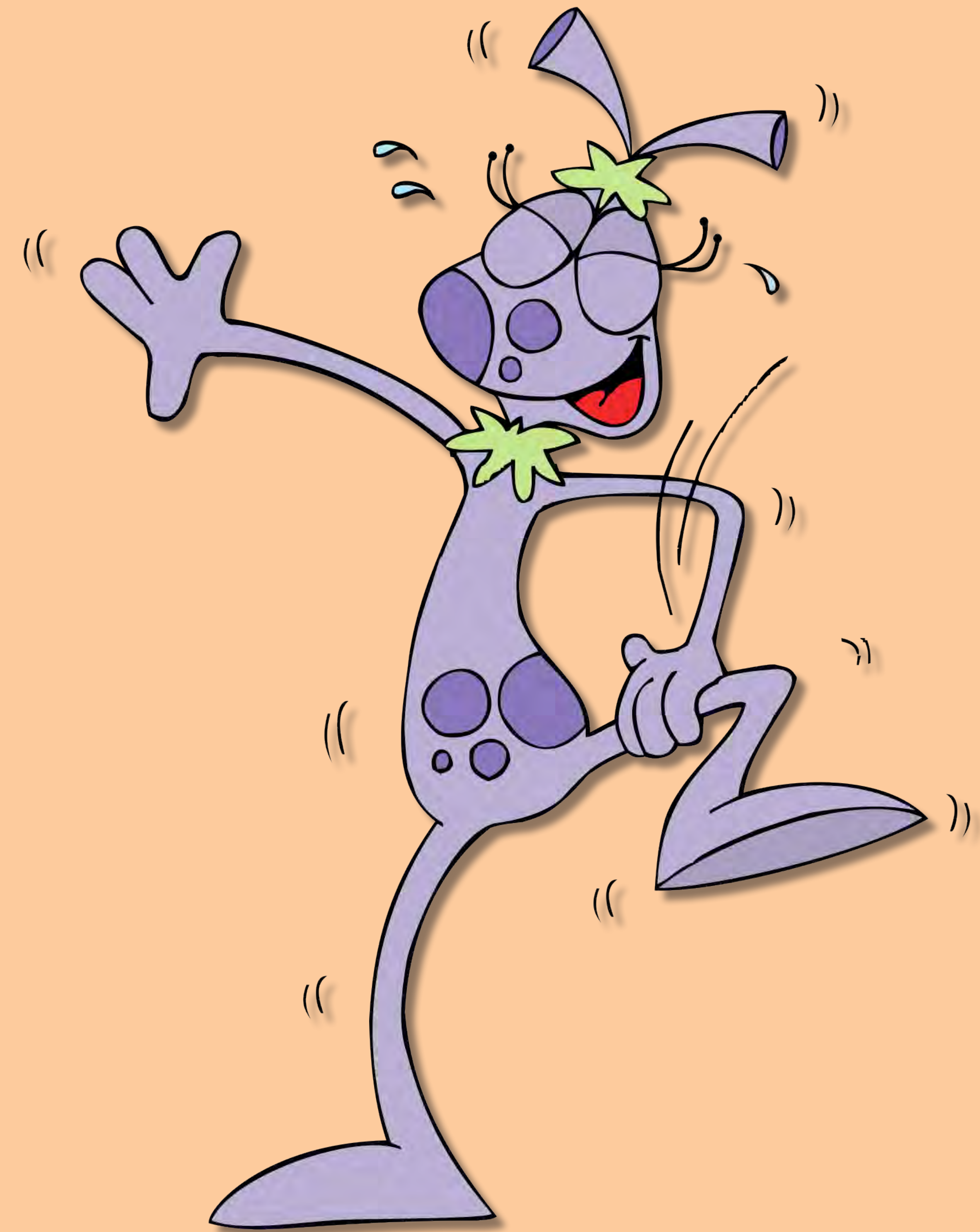


Process

3 Primary Motives



**It's a
Choice!**



Motives

Behaviours

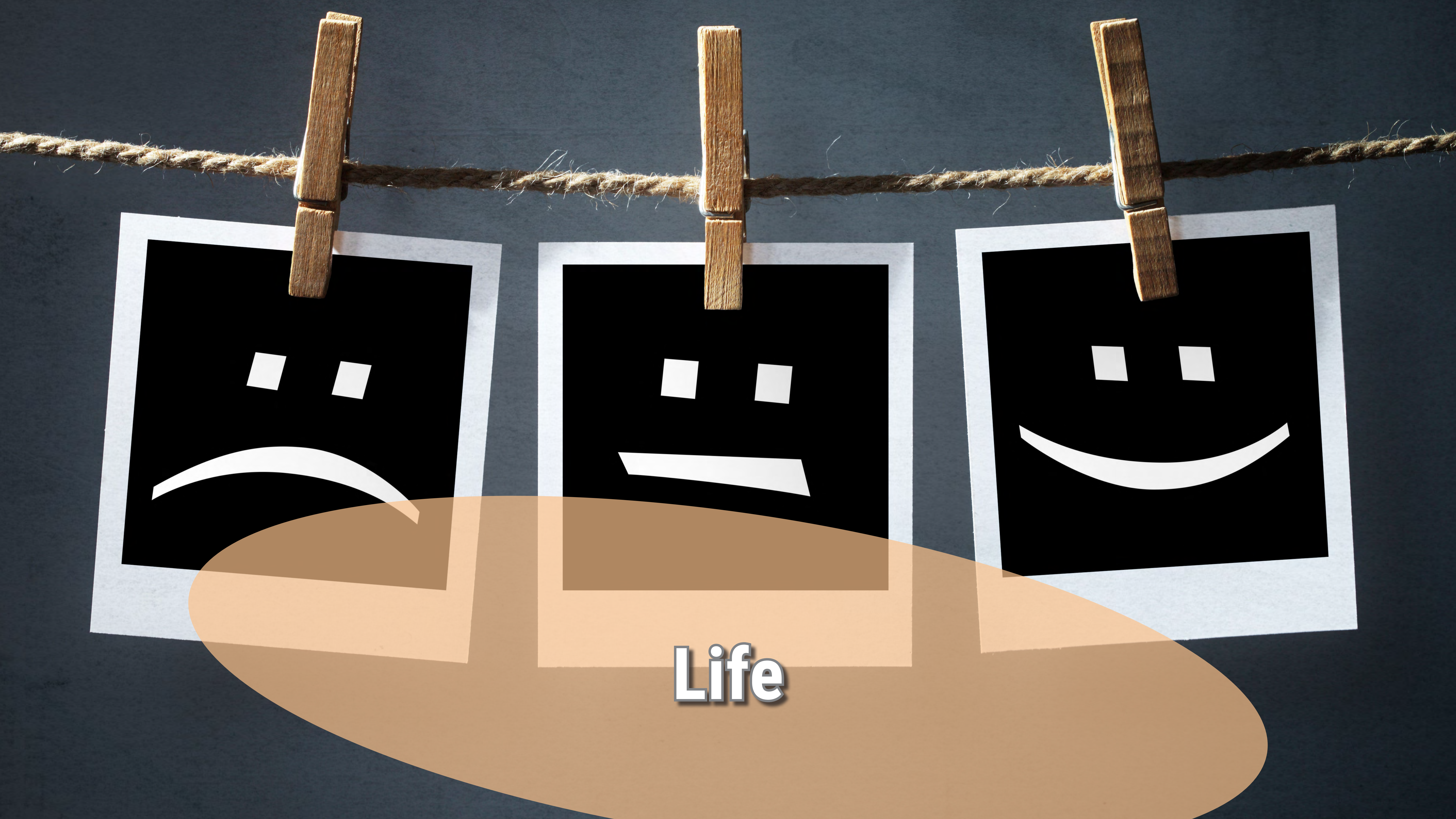
Intentions

Intentions

Behaviours

Motives

Understanding Perceptions



Life



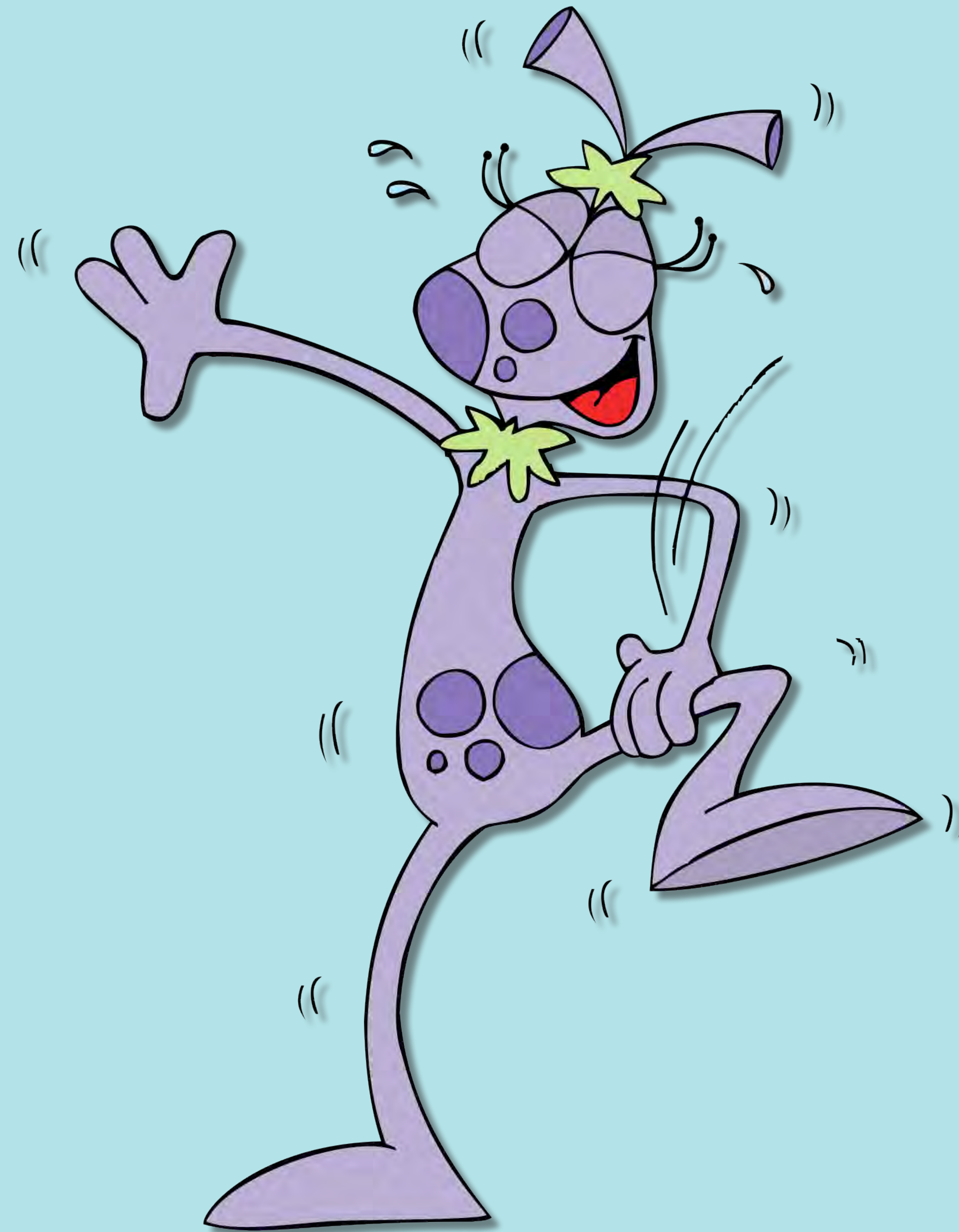
**What is non-negotiable
for you?**



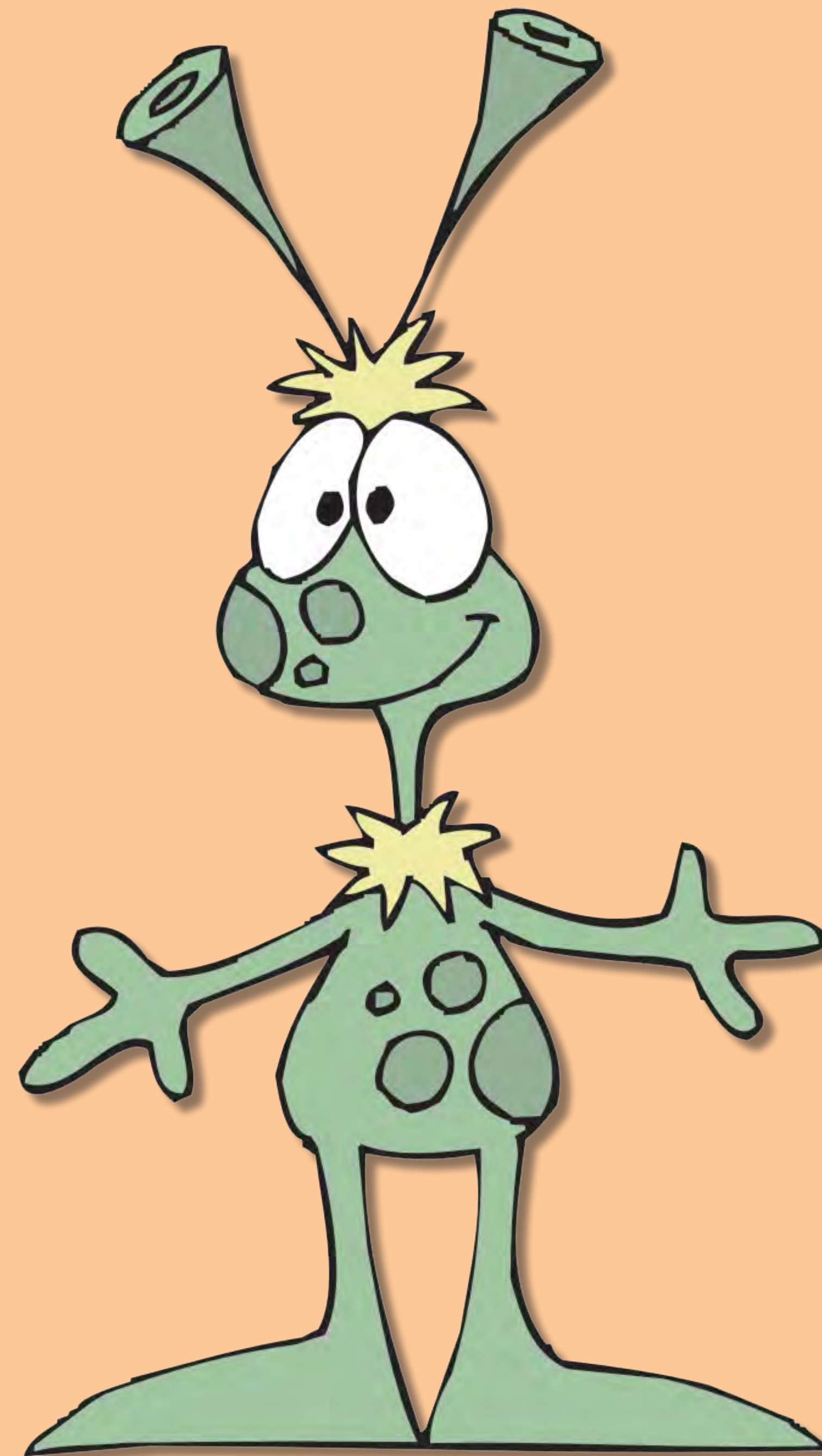


Two of the most powerful words,
for what you put after them shapes your reality.

Humour Health



**YOU are the
difference!**





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