

Productive to the Max

Productivity Performance Profitability

Ann Max



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April 2014

Upcoming LEAP Events



LEAP Academy

Lunch 'n Learn 29 April

The LEAP Academy Lunch 'n Learn hosted by Shapiro Cohen is SOLD OUT!

A Taste of LEAP

Save the Date...

Our next *Taste of LEAP* event is scheduled for

Wednesday 4 June 2014

5:30 pm to 8:30 pm

Burnout!

"Oh, you hate your job? Why didn't you say so? There's a support group for that. It's called everybody, and they meet at the bar."

-Drew Carey!



6 Questions...

1. Do you dread going in to work each day and feel as though every day is a bad day?
2. Are you tired all the time and feeling

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Behaviour that satisfies a need...

How Are You Using Your Brain?

Make your Leisure Time more Productive and Happy

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More information to follow

Ann Suggests...

OTTAWA BUSINESS SUMMIT

Wednesday, April 30, 2014
8:30 am to 4:00 pm

THE BEST WORKDAY YOU WILL
SPEND AWAY FROM THE OFFICE
ALL YEAR!

This event is the perfect opportunity to learn from top business leaders, network with local business people and update your skills and those of your colleagues.

Special pricing for our partners, sponsors, and their guests!
Call now and pay only \$99 each!

Contact **Whitney**
613-238-1818 ext. 280

whitney@ottawabusinessevents.ca

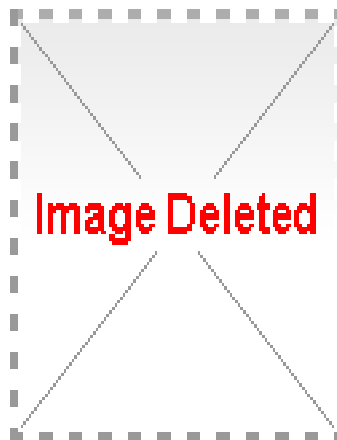
[Check out this video on the event!](#)

stressed out about situations at work or at home?

3. Have you stopped caring or started to care less about your job or home life?
4. Do you find yourself harboring feelings of resentment towards others at work or at home?
5. Have you become more cynical or begun to feel ineffective or helpless?
6. Do you find yourself bored or overwhelmed by your workload?

If you answered 'yes' to any of these you may be on your way toward, or already be suffering from, burn out. Sure we joke about feeling burnt out or hating our jobs. We flippantly throw around the term burnt out when we show up Monday morning after a self-imposed late night on Sunday or even Saturday. We say things like, "I'm so stressed out about what to watch. There's so much good stuff on TV tonight."

[Read more...](#)



In [Beyond Burnout Magazine](#), I join 13 other women entrepreneurs as we share our personal journeys from burnout to breakthrough.

We'll share our struggles and triumphs. But most importantly, you'll see how each of us found our own unique path to rise above the barriers that stood in our way. And, how we went on to profoundly change the way our

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businesses run.

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Ann

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