



Strategic Disengagement

Relaxing in a Chaotic Life

by Julie Ann Sullivan, MBA

- Would you like to have less stress?
- Could you benefit from learning how to relax more, even at work?
- Are you looking to be healthier in mind, body and soul?

If you answered yes to any of these questions, then this interactive program is for you!

Learning Objectives

- Learn the way to be aware so change can take place
- Recognize your stress triggers
- Learn the benefits of a different perspective
- Explore practices for relieving stress
- Identify measurements of success



Biography

Julie Ann Sullivan is known for her emphasis on **attitude and accountability**. Her clients appreciate her interactive programs that always include a good dose of humor. If you're looking for a speaker that will **engage, inspire and share valuable practical ideas to create more success**, then Julie Ann Sullivan is the speaker for you.

Julie Ann Sullivan is the Founder of Learning Never Ends. She has a diverse educational background, which includes a BA in Psychology and an MBA in Accounting. Julie Ann's continuous study of human behavior and 30 years in the financial industry, including her CPA designation, give her a unique expertise on business from the inside out.

Julie Ann is a professional member of the National Speakers Association, accomplished author and host of the Mere Mortals Unite podcast, now streaming around the world.

"Julie Ann recently spoke to a professional organization which I am a member of on how to relax in a chaotic life. She is a tremendous, knowledgeable speaker and kept participants engaged until the very end. I am a partner at a CPA firm and mother of two, so managing my life leaves little to no time to relax. Julie Ann provided simple and useful techniques that I have employed in my daily routine. In a profession where I am constantly measuring results, I have been pleased with the noticeable changes in the quality of my life and relationships (both business and personal). I highly recommend Julie Ann's presentation and look forward to engaging her for future presentations." – MELISSA BIZYAK, PARTNER, GROSSMAN YANAK & FORD, LLP