This energetic and hilarious seminar will show you how to overcome this state-of-mind. We’ll discuss relationships, diet, exercise and much more while offering life changing suggestions that are child's play. Come learn to get out of bed on the right side and don’t forget to drag your co-workers along with you.

Key Points:

- How does the diet, exercise, relationships and everyday occurrences affect your attitude?
- How does the work environment affect home and how does the home environment affect work?
- What simple steps can you make to transform your attitude, environment and life?

Chris is president of Contagious Enthusiasm Inc. a company dedicated to promoting personal and office development through hilarious yet thought-provoking seminars and coaching. As an intuitive life strategist, Chris has helped many people and offices create positive lasting change in their lives, careers and work environment.