

CONVERTING EXCUSES INTO PRODUCTIVITY, PERFORMANCE, AND PROFITS!

KAREN M. GRIDLEY

the excuse removal expert™

Excuse Free Success: Winning by Losing!

Want to win at life? Everybody does . . . until they realize you first have to lose. Lose your excuses! Winning is a process achieved only by losing what isn't working. Successful habits cannot take root as long as ineffective habits reign.

In this empowering and practical session Karen Gridley reveals why habits are a blessing and a curse and how to maximize them. She establishes the criteria to *Embrace Your Rights* to achieve the life desired – and Deserved! In addition, Karen unveils the road maps of an excuse maker and a recovering excuse maker.



Whether initially aware or unaware of their excuses, attendees are inspired and experience a paradigm shift with the strategic applications Karen provides to overcome barriers to a balanced, fulfilling life.

Participants will learn how to:

- Reclaim control of life to achieve success
- Save time and allow other people the dignity of their life
- Recharge when life throws a curve ball
- Avoid derailment and persist through adversity
- Implement key questions to serve as a compass
- Succeed with essential elements for effectiveness

Excuse Free Success is an uplifting and content-rich workshop that moves people beyond excuses and blame to accountability and action for success in career, personal life, and relationships.

Benefits: Greater accountability will be experienced leading to better choices. You will be more effective and able to achieve desired outcomes; including enhanced teamwork and increased productivity, performance and profits.

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