

Sara Armstrong



Change - Balance - Synergy

After Me, You Come First™ - The 21st Century Woman's Guide to Fulfillment

Many new doors are opening to women but with those new opportunities come stress and pressure. Trying to balance motherhood, career, care giving and education can be overwhelming.

In this presentation, Sara Armstrong gives guidelines and advice on how to make choices that are best for you. It teaches that being selfish is not something to be avoided but something that is essential for success whether in the boardroom or the nursery.

You will learn:

- How to put yourself first without neglecting others
- How to know your limits and what do when you reach them
- How to y find your calling in life

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Contact us today to book Sara Armstrong for your event.



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