



## **Peace and Joy – An Organized Approach to the Holidays**

Does the thought of getting ready for the holiday blizzard of activities make you tremble? Every year, do you vow that *next year's* holiday season will be more relaxing and enjoyable, with more time spent with family and less time in the mall?

Help is here! In this presentation, you'll get helpful, original ideas to remove stress during the holidays. You'll learn an organized approach to putting the joy back into the season.

In this fun, interactive presentation, attendees will learn how to create dramatic changes in the following areas:

1. Planning ahead

Learn how setting goals and creating a holiday planner will help you get the most out of the season – including enjoyment and relaxation.

2. Putting the pieces together

Discuss strategies related to the various elements of the holidays, including gifts, decorations, parties, baking, and house guests.

3. Creating a realistic master plan

Acknowledge how much you expect to accomplish and determine if you need to scale back, cross some tasks off the list, and/or delegate some activities to family members.

**Key Benefits** Attendees will learn how to create a holiday season that reflects the joy it's intended to celebrate. They'll also receive a comprehensive handout that will get them started on creating their own personalized holiday planner.

**Length:** 1 hour

**Ready turn yuletide stress into holiday cheer? Contact us now!**

Sue Becker, CPO-CD®, ADD Specialist  
[www.PilesToSmiles.com](http://www.PilesToSmiles.com)  
630-724-1111

From Piles to Smiles®  
P.O. Box 903  
Downers Grove, IL 60515-0903