

Running on Empty

Kathy Parry – Educational Energy Expert

Have you ever been on a Road Trip and had a breakdown? Run out of gas? Or get a ticket? Does your busy professional life sometimes feel like a long Road Trip full of mishaps? Do you wish you had tips to stay energized through the bumps, turns, and detours? If you answered yes to any of those questions, Kathy Parry is at the driver's seat for your journey today. Ms. Parry, A recognized authority in personal energy, productivity, and resilience, will help you refuel, maintain your health and productivity, and help you destress.

No handouts submitted.

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