



**ARE YOU SICK AND TIRED
OF FEELING STRESSED
AND TIRED?**

FAB Quotient™ package for busy women!

As women, we can often manage being stress-rich and time-poor, however there are more effective ways to staying resilient.

Presenting the FAB Quotient™ framework, Celynn and/or Joni will share how to shift from being stressed, tired and sick to being balanced, energized and well.

The FAB Quotient™ three-point plan will help to harness purposeful performance, productivity and happiness.

F - **FUEL**

unlock energy + vitality

A - **ACTIVATE**

reduce stress + be brain fit

B - **BEHAVE**

be authentic + collaborate powerfully

CELYNN

Registered dietitian RD(SA)
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