
Life-Balance expert – Life Coach, Speaker/Author

by **Eric Swenson** – **book a half or full day program.*

"Your program has been great! I have regained a focus and purpose for my life. The total package concept (physical, mental, financial and health) has given me a basic foundation to reach towards higher goals. I would recommend your coaching program to anyone."

Cliff Fowlkes, Corporate jet pilot

Anyone can benefit from his experience!

Any company seeking a balanced workforce should consider booking Eric Swenson. Improving health, work-life balanced living to promote behavior that decreases the obesity rate, disease, sickness, and stress. Statistics show *improved profitability* from balanced healthier employees in his **"Life happens...What's Your plan "** process.

Who is Eric Swenson? Eric spent the last 35 years building companies, working with leaders, guiding people at all levels of business and life. Having worked with hundreds of people nationwide Eric has a great wealth of knowledge concerning real life issues people face and he uses this unique perspective to create customized presentations on strategic issues such as NO-guilt accountability, work-life balance, leadership development, health and purpose driven productivity. By implementing his **"Life happens..."** coaching process, he has seen lives change dramatically, marriages rebuilt and company outcomes shift significantly.



Eric's core topics;

"Less = More! Want balance in your Life?"

Eric Swenson will teach the audience his **"Life happens...system"** with revolutionary techniques for reducing stress and achieving health, life balance and finding your God given purpose in life. Eric knows first-hand, the stresses of birthing two successful companies – simultaneously, while raising children as a single parent. Swenson will provide accountability tools and new methods to help the client's work in balance, start a complete life-style change, and take responsibility. If stressed-out corporate America has ever needed life balance in our daily routine, it's now!

Call NOW to book Eric Swenson or www.ericswenson.org

“How big would you dream...?”

Eric Swenson will engage his audience with life changing coaching techniques that have resulted in participants making radical life changes from their current life. Read one testimony;

After doing one exercise called “How Big would you Dream,”™ that Coach Eric provided, I realized that this is exactly what God does. He plants dreams inside us, much bigger than ours. I was redirected for a new purpose – missionary work in Alaska. Thanks so much Eric.

Billy James – now a Missionary Pilot / Mechanic in Alaska.

When we find our destiny and fulfill those dreams and visions inside us, we truly find the peace we have always been looking for. Eric’s proven techniques used in his interactive speaking program will affect each listener’s heart. Do not delay in booking Eric Swenson for your company event.

“Improving your Health for a Lifetime – no quick fixes!”

When we don’t have our health, we have nothing! Swenson’s **“Life happens...”** program is designed for any audience that wants accountability and *radical change for life*. Eric will teach from personal experience his life-saving techniques in eating natural live foods that will minimize sickness forever and produce a healthy body, mind and spirit! Your employees and leaders can reduce the number of sick days and improve overall productivity, by eliminating sickness and disease in a balanced lifestyle of living, eating and enjoying your work.

No quick fixes or diets allowed, as Swenson teaches his **“Life happens...system** to simplify and get rid of information overload, overeating of dead foods, and self gratifying behavior! Get to the root of the problem and win the battle now. Be healthy for Life!

“I am stuck..., what is my real purpose in life?”

Eric Swenson’s goal in writing **The Birthing of a God Idea** was to share the how-to process in **DREAMING BIG**, giving each reader basic instructions and interactive exercises in the dream-birthing process. Now each listener can learn out-of-the-box tools for taking the dreams and visions inside each one of you from inception to completion. You will be inspired to not only read the book, but also find real purpose as you listen and learn from his experience of 36 years birthing companies as an entrepreneur.

“The Birthing of a God Idea” is a terrific combination of Eric’s valuable personal experiences, embedded in a carefully laid out business development plan for each reader. There is so much to learn and embrace from the book. I highly recommend it to everyone.” **Mike Weinstein - President, Take Stock in Children**

Instead of having another feel-good speaker provide entertainment, why not book the real thing?

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