



ENJOY

THE POWER OF WELLBEING
SM

WHILE YOU ARE MANAGING WORK IN LIFE™

"If we lived in an ideal world, we would abide by the rule of thirds. First, we would work eight hours of the day. Next, we would spend eight hours in recreational activities. Last, but not least, in the ideal world, we would recover our energy by sleeping eight hours every night, refreshing our bodies and minds, to start a new day with plenty of energy and stamina."

Managing Work in Life™ will assist you in:

- * Understanding the Myth of Life-Work Balance
- * Learning about the Healthy Individual and the Healthy Organization
- * Learning a Seven Step Plan to achieve your goals while integrating your New Life Business Plan®

Corporate Consulting – Executive Coaching – Seminars & Keynotes

DR. GABRIELA CORÁ is President of The Executive Health & Wealth Institute®, Inc., an international consulting firm based in Miami, Florida. Her extensive expertise in assisting executives, entrepreneurs, and road warriors inspired her to create Leading under Pressure®, Managing Work in Life™, and Quantum Wellbeing™. Her energized enthusiasm, strategic focus, and innovative style are qualities in action as a corporate consultant, executive coach, and expert speaker, making her a key collaborator of Fortune 500 companies and international organizations. Dr. Corá is a medical doctor, certified mediator, and has a master's in business administration.

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