



*Ever ask a friend how they are doing? Most respond with...“Oh, so busy” or “You wouldn’t believe how much I have to do” or my personal favourite, “Are you kidding me? I feel like pulling my hair out.”*

*Seems everyone has their fair share to do these days and could use a few tools to manage and feel more connected.*

*Over the years, Darren has inspired thousands to take back control and have some fun while doing it.*

*Darren shares his own journey and the tools that helped him feel his best and be a better manager, co-worker, husband and dad. Your group will hear many fun and heartfelt stories that will inspire them to take action and begin...*



## Staying Up in an Upside-down World

*The sheer amount of all we have to deal with can leave us feeling over-done and down-right depleted.*

*Darren will re-energize your group and help them feel more centered. They’ll learn easy to implement ideas to better respond to issues, co-workers and even family members.*

*Darren shares many fun and inspiring stories that will leave your group feeling up in this hectic upside-down world we live in.*

***“What a great way to open our conference. Darren left us feeling “UP” and engaged.” – UMMAS Conference***

### **Your group will...**

- learn to implement a few simple tools to help them feel more connected and in control.
- Understand how to calm down and re-centre in the middle of a hectic day or situation.
- learn how to better respond to challenges and achieve more positive and beneficial results.
- feel more up and inspired with other attendees, co-workers, clients, friends and family.

***“Fun and inspiring...thanks for all your great stories and ideas.” – Cornerstone School Division***

### **Benefits:**

- Your group will feel happier and less stressed at work and at home; having a positive impact on their most important relationship...and their evaluation of the conference!
- The audience will have a chance to share with others and apply these ideas (without being put on the spot).
- Conference attendees will have fun and leave inspired.

***“Absolutely without a doubt amazing!! I really connected with this! More speakers like this.” – Manitoba HR Professionals Conference***

***“Fun, informative, fabulous! Best session at the conference.” – Sask HR Conference***

### **Experience:**

*Darren is an MBA and has held several management positions within the public and private sectors.*

*Over the past 14 years, Darren and his wife Darci have operated their own corporate speaking and training company, XL Enterprises. Throughout his career Darren has inspired audiences to take back control and feel calmer and more productive. 97% to 100% of past clients said they would like to hear Darren speak again.*

### **Session options:**

*One hour keynotes and two to four hour workshops are available.*

**Book Darren:**

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