

# The Business of Fasting

## *Transforming Health, Vitality and Prosperity For You and Your Business*

*Fasting means to “hold strong, to strengthen”.*

*This age-old practice is the quickest and most effective way to cleanse and regenerate,  
both our body and our mind.*

*Learn how these ancient principles of fasting can also be applied in a business context.*

In this fascinating and engaging session, two performance consultants and executive coaches, Josephine and Simon Bruce, will share how their personal “physical experience” of water fasting gave rise to their innovative and unique business, Bruce Balance.

Learn how a “physical” challenge can directly influence the way you think about, and go about, business.

In this session Josephine and Simon will share their personal experiences, literally and metaphorically. They will reveal their insights and observations on an organisational level and discuss how these translate to a business context when managing their consultancy, serving organisations and engaging with clients.

You will gain an understanding of:

- How simple things can and do bring the most profound results
- The similarities between the body’s systems and business organisations
- The importance of knowing what you are doing and why you are doing it, both personally and professionally
- The vital elements required to build and maintain a business and what it takes to continually grow the business for longevity and survival

Josephine and Simon will provide examples of how the principles of fasting can identify business efficiencies and deficiencies, maintain strategic focus and ensure goal attainment, whilst having engaged and productive employees.

**Venue:** Austbrokers Countrywide Boardroom @ 601 Canterbury Rd, Surrey Hills 3127

**Date:** August 3<sup>rd</sup> 2011. Seminar to start at 7:30 am sharp and will finish @ approx 9:00 am

**RSVP:** Cathy on (03) 9835-1368 or [cathyw@abcountrywide.com.au](mailto:cathyw@abcountrywide.com.au)

**Cost:** Sponsored by Austbrokers Countrywide

Consulting | Coaching | Mentoring | Facilitation

[www.brucebalance.com.au](http://www.brucebalance.com.au)



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