



EFG Consulting, LLC  
(810) 560-7181  
[www.efg-consulting.net](http://www.efg-consulting.net)

# HIT THE GROUND RUNNING: 2010

## A 3 PART SERIES

HOSTED BY THE JAVA HUTT CAFÉ (SOON TO BE THE ZUMA  
COFFEE HOUSE) IN DOWNTOWN BIRMINGHAM

### **PART 1: THE BALANCING ACT - TIME MANAGEMENT**

How do you become an expert juggler, especially at this time of year with year-end projects to be wrapped up, holiday stress and preparing for next year? Come learn and share strategies for effective time management.

Thursday, December 17, 2009 11:00 am – 12:00 pm

### **PART 2: THE LIGHT AT THE END OF THE TUNNEL**

Learn strategies for staying positive and building up your business in a down economy.

Thursday, January 7, 2009 11:00 am – 12:00 pm

### **PART 3: FIGHTING THE FUD FACTOR**

It's easy to get discouraged when you are working hard and not seeing immediate results. Learn how to deal with Fear, Uncertainty and Doubt (the FUD factor) and keep going when everything around you seems stopped.

Thursday, January 14, 2009 11:00 am – 12:00 pm

**COST: \$25 FOR EACH WORKSHOP  
OR \$60 FOR ALL THREE**

You will walk away from the workshops with tools that will immediately increase your productivity and improve your bottom line.

Call (810) 560-7181 or  
email [egarbeil@efg-consulting.net](mailto:egarbeil@efg-consulting.net) to register.

### **Your Facilitator:**

Elisabeth Garbeil is the owner of EFG Consulting. She is passionate about coaching professionals to thrive and become leaders in their fields. Elisabeth really enjoys working with people and businesses to reach their full potential. She has coached many people and businesses to financial success and achievement of personal and professional goals.