



Andy Core Program Description

Life Balance:

Redefining Humanly Possible

Today's working culture can have you constantly running 90mph, hair on fire. Tomorrow will get faster. But there is good news. You yearn for more balance in your life, which is the solution to your "More.Faster.Better" dilemma. In Andy's programs you will learn how to improve your work-life balance, productivity, health and your ability to stay motivated.