

Make the Shift

Light A Fire



Reminders

- **You are enough, there is enough and you have enough**
- **You are not a victim, you are a victor**
- **When life gives you lemons, make lemonade**
- **Things don't happen to you, they happen for you!**
- **Change your mind, change your life**
- **Give yourself grace and maintain harmony**

THE IGNITER

Mindset Matters

Quote

**"Progress is impossible without change,
and those who cannot change their
minds cannot change anything."**

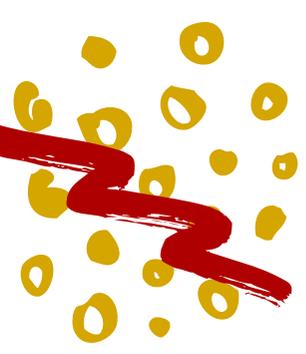
George Bernard Shaw

For Parents

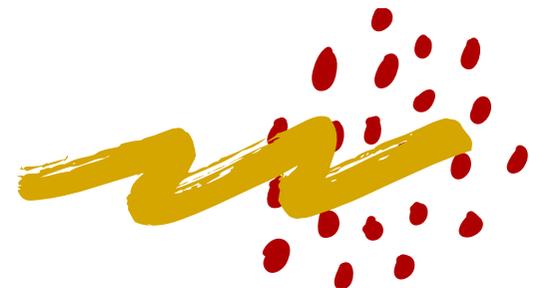
- **Establish a workstation**
- **Give yourself grace**
- **Create actionable steps**
- **Get fresh air & take a min**

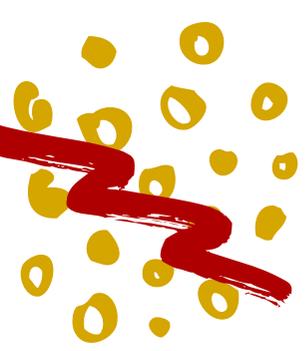
Homeschooling Tips

- **Set intentions and manage expectations**
- **Create structure and a daily schedule**
- **Meal prep and plan meals in advance**
- **Use your resources**
- **Be creative and have fun**

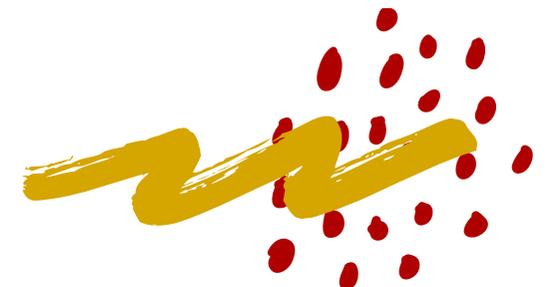


Schedule





ROSE-ANNE UWAGUE
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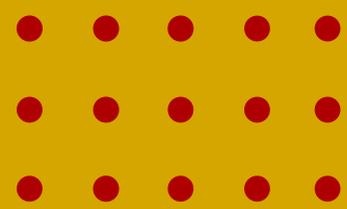
About Ro:

Passionate about igniting purpose to help women identify and achieve their goals, Rose-Anne Uwague has been nicknamed “The Igniter”. Through her productivity coaching business, Light A Fire, she challenges women through accountability and introspection to set milestones, tackle their vices to accomplish their mission. She distinguishes her approach by helping her clients pursue harmony, employ grace and strategy rather than hustling, grinding and struggling. Rose-Anne works full time in Human Resources, is an author, life strategist and project manager.

Rose-Anne is married with two sons. She enjoys traveling the world and learning about culture through food and music.



Let's Connect



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A Fire
 acuityscheduling.com

Be ignited.

LIGHT A FIRE

Thank you!

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