



IT'S ALL ABOUT ME WORKSHOPS 2019

Let the Games Begin - 1 • \$149

How about a day of fun and games? This workshop is sure to keep you laughing, and will definitely exercise your brain, your manual dexterity, and your physical prowess. With 15 different games, you're sure to have a few that will show off your abilities—or not. Who cares? It's all fun. And wait until you see the silly prizes that await you!

Meet others who are as interested as you in just having a day of nonsense, laughter, and getting away from the day-to-day grind. Check out the lineup. We give you just enough information without spoiling the fun involved in each activity. So, are you ready to take a little time for yourself? If you've read this far, you probably are.

This workshop runs from 9 am to 4:45 pm. Registration begins at 8:30 am.

Workshop fee includes participation in all games and a chance to win very silly prizes. Snacks and beverages will be available throughout the day. Bring your lunch or venture out with other women to nearby restaurants.

NOTE: Occasionally, due to way too much fun or critical thinking gone awry, an activity will go over the allotted time and another scheduled activity may need to be dropped due to time constraints.

This workshop consists of the following sessions:

Hunting for Treasure – A "Getting to Know You" activity.

It's Knot Easy – It may be too early in the day for some of you, but this will require critical thinking and teamwork.

Listen Up – Dust off your listening skills for this one.

Up & Down – What goes up must come down carefully.

Order in the Deck – Strategic team building with a big picture component.



Who Stole My Chicken – A fast-paced, think-on-your-feet team activity requiring self-control of all players in order to outwit the farmer.

Laundry Day – Ball pit meets the three-legged race in this wild adaptation for teams of two.

Hot Air – Who on your team is full of hot air? That may be the one you want for this activity.

Cup-a-Holic – You guessed it. This is about cups—lots and lots of cups. Oh, manual dexterity is part of this exercise too.

Yank Me – Win this game if you have a magician's touch or a lot of time spent playing Jenga.

Outstanding – Coordination and speed are the key to winning this game.

Fluffy Fun – A creative, problem-solving activity with hilarious end results.

Name Drop – Can you remain clear-headed playing this wild, competitive "Getting to Know You" game?

Stuff Happens – So you think you have it bad. Well how bad is it really? You and your team must decide how bad your situation really is.

Junk in the Trunk – If you guessed shake your booty, you would be right. But why will you want to desperately do that?

Call it personal development or just hanging out with the girls. You deserve some time for you every now and then. You may not get a degree from spending time with us, but there's no homework either. Come with friends. And remember, our workshops make great gifts too.

CHECK OUT OUR OTHER WORKSHOPS:

Metaphysical Me – 1
.....

Metaphysical Me – 2
.....

Metaphysical Me – 3
.....

Expressive Me
.....

Let the Games Begin - 2
.....

What's in Your Vending Machine?

ANN JAGGER

Inspiring Dreamers to Become Doers

ann@annjagger.com

www.annjagger.com

919-815-9769

5448 Apex Peakway #315

Apex, NC 27502