



Business Breakfast with Rotary Club of Port Elizabeth South

When: Thursday, 23 September, 7am

Where: Ray Mhlaba Conference centre, **Conyngham Road**, Glendinningvale

Cost: R150 pp

Principal Beneficiary: House of Resurrection Aids Haven

Maintaining Energy and Passion in Challenging Times

Address by **Keith Varnum**, International seminar leader, speaker and workshop facilitator from Phoenix, Arizona

Currently we are being challenged on every front like never before. Many well established systems are showing signs of failure and business forecasts are not being particularly helpful.

Within this context Keith will be speaking about ways to ensure personal resilience, energy and passion to confidently take on immediate challenges. He helps you to disarm fears and refresh your spirit, read the critical vital signs of your current work, discover when to bend the rules and when to break them and how to unleash creativity and hidden talents.

Keith guides you in ways to increase your personal power and joy in everyday life.

About Keith

Keith Varnum has extensive experience working with and in the business community. His commitment to the business world is *real situations, real tools and real solutions*.

Keith's aim is to inspire renewal, possibility and purpose. With playful humor and intuitive wisdom he points us to fulfilling our dreams in a way that is practical and transformative. Keith's own quest began when as a young adult he was confronted with blindness. Regaining his vision set him on a path of exploring human dynamics, consciousness and healing. He has been vice-president of America's largest multi-million dollar whole food business, a restaurateur and gourmet chef as well as a health and healing practitioner.

For More info contact Noelene Jorgensen at noelene@keypak.co.za / 084 513 9630 or to purchase tickets contact **Roux Wentzel** at rouxwentzel@telkomsa.net / 083 261 7762