



Backpacking through Life

Burnt out by the demands of her career as a social worker in Los Angeles, Christina and her husband quit their jobs, sell their cars and possessions, and take off to find new adventure in our vast and mysterious world. They traveled the globe for one year, living in 25 countries with nothing but the items they could carry in their backpacks.

Christina shares her most personal and often hilarious stories from her trek around the world, offering her unique and global perspective on hardship, choices, personal responsibility and living life to its fullest.

In this empowering seminar, participants will:

- Realize the top 3 internal decisions we make that stop us from creating a fantastic life
- Debunk the myth that we can't have it all (even if it is just a portion)
- Evaluate and confront the external factors that impede the achievement of our most idealistic goals.
- Develop a fresh perspective about our lives after exploring the connections between power, freedom, choices and consequences
- Increase personal productivity by prioritizing their day-to-day tasks and living within these highest priorities
- Create a plan for accomplishing 3 personal "Blue Sky" goals

Learn the life lessons from Christina's adventures that changed her life. Be inspired by her simple, yet profound insights, and learn how you can use them to change your own life!