



# Healthy People Speaker Sally Crosiar

## Live, Learn, Laugh, Love, and Leave a Legacy

### Audience

Helping Professionals, Parents, Educators, Workers, Volunteers, Women, Seniors, Etc.

### Program Description

It's not the years in your life that count. It's the life in your years! Explore a step-by-step process to clarify what you want your life to stand for and learn practical goal management techniques which will allow you to live your mission, express your purpose in life, and enrich your life with meaning every day!

- Balance who you are with what you do!
- Connect with purpose and meaning in your life!
- Commit to an action plan that aligns your ultimate goals and purpose!
- Learn how to live your mission every day!

### Program Content

- Apply Stephen Covey's independence habits.
- Identify personal and professional roles that give life meaning.
- Name important people each role touches.
- Plan your 100th Birthday Celebration.
- Structure daily life to reflect your ultimate goals.
- Reflect on your personal legacy - and the work you must still do before leaving your chosen thumbprint on the world.



### Required Time

1.5-3 Hours – Keynote or Workshop

### Delighted Clients

Employee Assistance Program, Genesee Valley BOCES, Mt. Morris, New York  
Lakeside Health Promotion Conference, New York State Education Department  
Association of Girl Scouts Executive Staff, Rochester, New York  
Rochester Info-Courses, Rochester, New York  
New York State Office for the Aging

### Contact

For more information about Healthy People, to receive Sally's free e-letter, or to book Sally to speak with your organization, contact:

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