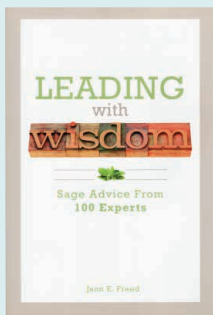


YOUR BREADCRUMB LEGACY™

DEVELOP LEADERS ... ENGAGE EMPLOYEES ... FIND MEANING
HOW TO LEAVE A TRAIL OF MEANING, NO MATTER WHAT
YOU DO OR WHERE YOU ARE IN LIFE.



Dr. Jann's life mission is to be a seeker and learner who leaves a Breadcrumb Legacy for herself and others. She does this as an author, consultant, speaker, and faculty member.



Dr. Jann's "eat, pray, love" book on leadership is based on interviews of more than 100 thought leaders. The book distills eight practices to be an effective leader in these uncertain times. She captures the insights of gurus such as Warren Bennis, Peter Senge, Stephen Covey, Marshall Goldsmith, Peter Block, and Margaret Wheatley, and shares their wisdom.

When people hear the word *legacy*, they often think of greatness and accomplishments that are difficult for most of us to achieve.

Legacy as a goal seems out of reach for most people. But leaving a Breadcrumb Legacy is different. It's about living a life of meaning and purpose on a daily basis, and making sure what's important to us isn't lost on others when we leave a job or the world. We're carried into the future, based on the breadcrumb trail we leave behind in small ways every day.

WHY MEANING MATTERS

Based on research, meaning:

- Enables people to live longer regardless of age.
- Protects from stress by increasing resilience.
- Discourages related substance abuse.
- Helps develop a more positive mind-set.

Building meaning into one's life positively impacts productivity, satisfaction, and professional and personal growth.

Learn to leave a trail of meaning through these keynote presentations and interactive workshops.

LIVING A BREADCRUMB LEGACY

Target Audience: *Leaders of all ages*

Regardless of age or stage of career, each of us leaves a legacy in the workplace. Leaders are leaving a legacy daily that can be positive or negative, based on the decisions and actions taken or not taken. Living a Breadcrumb Legacy is about making a difference in small ways and realizing small matters are what gives life meaning. It makes us more intentional about our actions. Legacy is often thought of as residing outside of ourselves — left for others to decide — but we can control the difference we are making for our life and the impact we are having on others.

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"The most compelling message that Dr. Jann delivers is to think about what you want your legacy to be. Over 70% of those team members who attended one of Dr. Jann's sessions wanted more information, so we've scheduled some more in-depth sessions later this year."

— Joyce McDanel, VP of
Human Resources and
Education, UnityPoint

"The sessions were very well attended with positive feedback from all participants. The employees appreciated the investment the company made in their journey after retirement. We will definitely hold more sessions!"

— Marsha Aldridge
Vice President,
IMT Insurance



Jann Freed, Ph.D.
www.jannfreed.com

FROM A LIVING TO A LIFE

Target Audience: Employees in their 50s and older

When people approach retirement age, they often fear loss — of identity, relationships, and structure. They fear being seen as irrelevant and adrift. In an attempt to quell their anxieties and lack of meaning, they fill their lives with mere busyness. But true fulfillment — especially fulfillment in the second half of life — requires inner work. Most of us need guidance in navigating this second life phase. We need strategies for discovering new forms of meaning, which will take us on fresh, invigorating adventures.

CREATING A VISION FOR YOUR LIFE

Target Audience: Employees in their 40s and older

Do you have a vision for your life beyond work? (If you don't know where you're going, it's hard to get excited about the journey). We're living in uncharted territory, and compared to our parents and grandparents, we're getting healthier all the time. At all ages and stages of life, having a vision is part of personal development to guide your career and life journey.

TAKING CARE OF YOUR CAREER WELL-BEING

Target Audience: Employees 25-40

Life balance is an illusion, but life integration is a reality. In our 24/7 connected world, it is important for employees to design their lives for a healthy career well-being. Paying attention to health and fitness is commonplace in organizations, but career well-being is much broader than physical being. It includes the social, community, and emotional aspects of our lives. Since many people spend the bulk of their waking hours at work, learning how to take care of ourselves is critical to productivity, satisfaction, and growth.

About Dr. Jann (JannFreed.com)

Jann Freed, PhD, is a leadership development and change management consultant. She is the author of *Leading with Wisdom: Sage Advice from 100 Experts* and has a monthly podcast series, *Becoming a Sage*, where she interviews thought leaders about living life on purpose and with meaning.