

# uBreakthrough

**Manage Your Energy, Maximize Results!**

**Energy Gets Things Done  
Energy Creates  
Energy Inspires & Motivates**

**We create individual and organizational breakthroughs  
that maximize your “Return on Energy”**

**Everything you do either creates or depletes your energy.**

**Learn how to expand your energy and how to efficiently focus it on your  
key priorities to achieve breakthrough results!**

## **Energy Management Seminar**

**Join us for an eye-opening workshop on Energy Management  
and learn how you can start using these powerful techniques to  
immediately impact your energy, performance, stamina, creativity, health and  
overall well-being!**

**Saturday, April 9th from 10AM-12PM at Portland State University**

**To register or get more information visit [www.ubreakthrough.com/seminar](http://www.ubreakthrough.com/seminar)**

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## Get Results!

*In this session you will learn:*

- \* The top 3 tips for creating more energy in your life – for health, stamina, creativity, and well-being*
- \* How to short-circuit the 3 most common energy drains*
- \* How to take control of your most important energy source and how it directly affects your health, performance, and emotions*
- \* How to start using these techniques immediately and integrate them into both your personal and professional lives*

## About us

*Sydney Joyner and Al Lee work with mission-driven individuals and organizations to assist in creating the culture, communications and collaboration necessary to maximize their “return on energy” and create outstanding performance.*

## Who We Work With

*We work with organizations at all levels – executive leadership, teams, and individuals - employing a unique combination of assessments, individual coaching, group training, facilitated sessions and workshops, ensuring that the energy, passion, imagination, and creativity of your organization is rekindled and focused to achieve transformational results.*