



*BROADCAST*

***BURN BRIGHTLY WITHOUT BURNING  
OUT...WORK & LIFE BALANCE***

***Thursday, July 13, 2006***

***9:30 – 10:30 AM CT***

***10:30 – 11:30 AM ET***

***8:30 – 9:30 AM MT***



## **CTN BROADCAST**

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### **“Burn Brightly Without Burning Out: Work and Life Balance”**

***Featuring:***

**Richard Biggs, President of Biggs Optimal Living Dynamics**

Author and Speaker who works with Fortune 500 companies, associations, government agencies and professional organizations on six core topics: leadership/mentoring, communication, teamwork, work/life balance, people empowerment and peak performance. <http://biggspeaks.com>.

***Target Audience:***

All employees looking for balance between work, home and play!

***Program Overview:***

Richard Biggs gives an overview of his 20 key principles to living a balanced, productive life. He will highlight the fundamental 3-5 principles that can put employees on a path to “burn brightly without burning out.”

***Participants will be able to:***

- Understand key steps to productivity and life balance
- Understand that integrity is at the heart of this plan
- Define personal goals, priorities, and plans that are in balance with career/work goals, priorities, and plans.

**For more information, contact:  
Nadine Fred, 972-620-4015 [nfred@ctn-energy.org](mailto:nfred@ctn-energy.org)**

## About Dick Biggs

Known as *The A-Line-Ment Specialist*, Dick works with organizations to boost bottom line profits and better the top line-people and their productivity. He does this as a popular keynote speaker, seminar leader, facilitator and author. His topics range from leadership, mentoring, communication and teamwork, to work/life balance, people empowerment and peak performance.

Since 1982, Dick has served organizations in 40 States, Canada, England, Germany and Guam. Dick's clients include State Farm Insurance, FedEx, Merck, Intel, Lucent Technologies, Georgia-Pacific, Mohawk Industries, HomeBanc Mortgage, Abbott Labs, BellSouth, Alabama Power Co., Progress Energy, CMC Steel Group, Chick-Fil-A, Sonic Drive-Ins, Grinnell Mutual Reinsurance Co., Federal Reserve Bank, SunTrust Bank, and scores of government agencies, trade associations, dental study groups, and non-profits.

He's the author of *Burn Brightly Without Burning Out* and *If Life Is A Balancing Act, Why Am I So Darn Clumsy?* And he's the creator of *Maximize Your Moments With The Masters*, a comprehensive, year-long mentor program licensed to a variety of organizations determined to ensure their successor leadership.

Prior to starting his own business, Dick was a sportswriter for *The Atlanta Constitution and Associated Press*. He was also a salesman and sales manager for 13 years. He's a former Marine sergeant who served as a security guard at the American embassies in Warsaw and Rome. A veteran marathon runner who runs 15-20 miles every week, Dick is a co-founder of the Chattahoochee Road Runners-the second largest running club in Georgia.

In addition, Dick has been a member of the National Speakers Association (NSA) since 1986. He's a past president of NSA-Georgia, and a recipient of *The Kay Herman Legacy Award*--his chapter's highest honor.

Dick is married to Judy and they reside on Lake Lanier north of Atlanta. They have two grown daughters and a 5-year-old grandson named Jackson. Dick is a small group leader and teacher at his church. He's also mentored Scotty Cole, a middle school student in his community, for the past seven years.

**SIGN – IN**  
**BURN BRIGHTLY WITHOUT BURNING OUT...WORK & LIFE BALANCE**  
**July 13, 2006**

Site Coordinator \_\_\_\_\_

Company / City \_\_\_\_\_

	CPA only CPE √	Name (PLEASE PRINT)	Department	Title	Rec'd Handouts? √
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**Please return this evaluation form to your site coordinator ASAP.**  
**Site Coordinator: Please fax sign-in and evaluations to 972-620-8518 or 620-1613.**



*This form is provided for your convenience as a record of satisfactory completion of Continuing Professional Education through SGA*

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Name of Participant:

Name of Course: ***Burn Brightly Without Burning Out... Work & Life Balance***

Field of Study: All Employees

Date Attended: July 13, 2005

Sponsor and Authorizing Agent: CTN/Southern Gas Association  
3030 LBJ Freeway, Ste 1300  
Dallas, TX 75234

State of Texas #001245

Total CEU Credits: 1 Recommended Credit

This document is provided for your records.  
Your signature on the Sign-In Sheet for the Program  
in which you participated is record of your attendance.

**EVALUATION**  
**BURN BRIGHTLY WITHOUT BURNING OUT ... WORK & LIFE BALANCE**  
**July 13, 2006**

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We would appreciate your comments and recommendations concerning the value of the information presented:

1. How will this broadcast help you perform your job duties?

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2. In your opinion, what were the strengths of this program?

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3. In your opinion, what were the weaknesses of this program?

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4. Your observations of the instructor's effectiveness (such as organization, presentation skills, pace).

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5. General comments or recommendations on how to improve this program?

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**Please rate the next four questions from a high of "5" to a low of "1"**

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| 6. | My overall satisfaction with the program was              | 5 | 4 | 3 | 2 | 1 |
| 7. | As far as my job is concerned, the program content was    | 5 | 4 | 3 | 2 | 1 |
| 8. | The extent to which my interest level was maintained was  | 5 | 4 | 3 | 2 | 1 |
| 9. | The extent to which my positive expectations were met was | 5 | 4 | 3 | 2 | 1 |

10. **If you would like a follow-up Conference on this subject, please check**

Evaluators Signature: \_\_\_\_\_ Company: \_\_\_\_\_

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**Please return this evaluation form to your site coordinator ASAP.**  
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**For more information, contact:**  
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