

Conference to teach how to make joyful living a priority

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Janice Butler and her sister had one week to learn to identify the 104 numbered symphonies by Austrian composer Franz Joseph Haydn.

 ENLARGE PHOTO



Photo: Submitted

Janice Butler

It seemed an impossible task - especially since they had never even heard of the 18th century prolific composer.

But that was the challenge the two women were handed when they were accepted in 2008 as contestants on a Montreal game show, *Le Moment de Verite*. If they were able to identify correctly 10 to 15 second extracts from eight symphonies, they would win a dream of a lifetime.

For Butler's sister, it was a lifelong goal of visiting Tuscany, Italy. For Butler, it was a trip to Las Vegas.

"At first, we thought this isn't humanly possible," said Butler, who is the owner of the Fredericton area-based Creative Breeze Training, a company she founded nearly six years ago offering motivational seminars.

"But this when we started to apply the techniques that I have always used and continue to teach."

The two made posters with the phrase "It's a success" and pasted them all over the house.

"You opened the microwave, and there it was: It's a success. You opened the fridge and there it was...We did not have the time to focus on the negative. We only

had a week to learn the 104 symphonies."

To find out if Butler and her sister were successful, she's inviting women from the Kennebecasis Valley and surrounding area to her upcoming Wow! Conference, being hosted by the New Brunswick Communities Business Development Corporation's (CBDC) Women In Business.

The event takes place on Sept. 9 at the King's Valley Wesleyan Church from 9 a.m. to 4 p.m.

The same conference was held in March in Charlotte County for International Women's Day, said the CBDC's Danielle Sullivan. More than 100 women attended.

"It will make women feel empowered and almost give them a second win for the last four months of the year, gearing them up for Christmas which always a busy season," Sullivan said.

At the conference, Butler will go over topics and offer techniques that will inspire, energize and empower women to reach their goals and find balance in both their professional and personal lives.

They are the same techniques that she's used for the last 25 years to find joy, happiness and success in her own life.

Butler first began applying them when she was 16 years old after her mother told her if she thought and envisioned her goal, it would most likely come her way.

This was years before the metaphysical belief called the Law of Attraction became main stream through the 2006 movie *The Secret*.

When she was nearly finished her computer science college program in the early 1980s, she knew she needed to land a job after she graduated. She began to visualize working in her field of study.

"You know what? I was the first one in my class to get a job and it was even before I graduated...It's really your thoughts and attitudes that make it happen."

After several years in the workforce, she began to have the itch to travel. But she knew she couldn't afford it. So she began her positive thought process, dreaming of travelling without paying a cent. Soon after, her company asked her to teach and offer workshops around the world.

"And it didn't cost me a cent," she said.

Faced with a challenge, it's often the fear of the unknown that sabotages people from moving forward, Butler said.

"Sometimes, we don't take the steps because we have that internal dialogue - those little voices that say...you could fail. If we could deal with our internal dialogue, then bingo."

Butler said she will be offering her audience strategies and techniques to energize both their professional and personal lives.

"It's so important that we have a balance," she said. "Why do we work? We work for our lives. We must find the work interesting, but we need to treat ourselves and invest in hobbies and family. It's those things that bring more happiness and that happiness translates back in your work. You need to have that joy of living."

The cost of the conference is \$40. To register, call Danielle Sullivan at (506) 466-5055. For more information, visit www.creativebreezetraining.com.

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