

Maumee City Schools Parent Academy Presents
'SUCCESSFUL LIVING IN A TURBULENT WORLD'

PRESENTED BY *Bruce Boguski - author, motivational speaker, columnist, and media personality well known for his ability to inspire others to "do the impossible."*

Monday, February 26, 2018

7 – 8 p.m. @ Maumee High School Performing Arts Center

For community members, parents, students (grades 4 – 12), staff

Attendees will each be entered into drawings for prizes totaling \$250+.

This program & prizes are being paid for using money from the Title IV - Student Support and Academic Enrichment federal grant Maumee City Schools was awarded this school year.

Natural disasters, terrorist attacks in our cities, opioid addiction, youth suicide, and countless other factors have made it impossible for Americans, children and adults alike, to live without tremendous pressure and stress. Individuals are buckling under the strain; suffering from depression, sleepless nights, anxiety and nervousness along with physical ailments.

In this powerful seminar, you will learn how to regain control of your life. **Now is the time to learn how to become mentally tough in order to successfully conquer the serious challenges facing us in the 21st century.**

Bruce Boguski says, "This is not one of those wimpy, feel-good seminars that simply instruct you to reduce the stress in your life. This seminar will equip you for the war on stress and teach you how to handle pressure situations with confidence and an unshakeable inner spirit."

You will learn:

1. How to create a powerful belief in yourself to overcome any obstacle.
2. To develop practical exercises designed to help control your emotions and elevate your performance in stressful situations.
3. To implement specific methods to help you focus, visualize, relax and concentrate for added power under pressure.
4. How to be cool under pressure by utilizing confidence-building techniques that really work.
Plus much more!

**Please join us in this fast-paced, energizing, fact-filled
Maumee City Schools Parent Academy seminar!**

Bruce Boguski is an author, motivational speaker, columnist, and media personality well known for his ability to inspire others to "do the impossible." Bruce holds a bachelor's of science degree in business & education from BGSU and possesses a Level Two Certification in Brain Based Learning Strategies. Bruce speaks to educators, parents, students, athletes, business professionals and has conducted over 2,200 presentations over the past 27 years.