



FULLlifeBALANCE

Books and Seminars, LLC

600 Kentucky St., #736

Fairfield, CA 94533

www.fullifebalance.com 925.822.5453

PROGRAM OVERVIEW

Full Life Balance (FLB) training consists of two programs: 1) FLB Productive Wellness and 2) FLB Top Performance Coaching/Training. We suggest that you enroll your team into both programs. Here is an overview of each:

1) FLB Productive Wellness (PW). This program is the foundational cornerstone of our training platform. PW teaches attendees proven habits designed to increase or establish balance in their lives. Participants will be challenged to implement 5-specific steps over a 5-week period that have been proven to help them focus, relax, increase concentration and improve their productivity and life enjoyment. All attendees will receive a complimentary Productive Wellness Assessment which takes a snapshot of where each individual stands in reference to the Five Keys of FLB. They will also receive a complimentary, customized Executive Summary which will include person-specific suggestions to help them improve their daily existence.

2) FLB Top Performance Coaching / Training (TPC). This program builds on what was learned in the foundation. Ideally attendees have completed the 5-Weeks to PW and have developed the emotional, physical and professional stamina and skills necessary to now achieve the goals uncovered in the PW training. Specifically, we provide Top Performance instruction and recommendations that are based on the testimonies and lifestyles of thousands of successful people. If the employee takes the next step (optional) and enrolls in coaching, we work with them individually for a minimum of five-weeks as we guide and direct them towards their professional and personal goals.

NOTE: All of our training is designed for adult learners. We use sight, sound and movement to insure learning happens by seeing, by hearing and most effectively, by doing. We incorporate this philosophy into the lecture format by using narrative stories, examples, workbooks (where applicable) and interactive questioning with role-plays and peer critiques (where applicable) to explore various levels of background and skill sets while delivering an engaging, informative and useful training which attendees can begin using immediately.



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(SAMPLE WELCOME LETTER TO PARTICIPANTS)

Welcome Team member,

Do you want to be better? Do you want to be more productive? Do you want to work smarter? Full Life Balance Productive Wellness training is designed to help you do it all.

I created this training to help you look at where you are and to show how doing little things every day will not only make you more productive, but happier and healthier as well. However, as a famous behavioral program states, “It only works if you work it.”

So, for the next few minutes I ask that you do four things:

1. Be open. Listen to learn from everything that is said and done with an open, child-like mind.
2. Take notes. Take mental and written notes of the things discussed and demonstrated and constantly ask, “How could that help to me?”
3. Be all in. Participate fully. Turn off your phone (unless you are expecting or involved in a personal or business crisis or emergency). Also, turn off your *thoughts about your phone* to engage all your senses in the process; and,
4. Have fun!

I know this day and this training will help you be well, work smart, have fun and Live Better Every Day!

Thank you,

W



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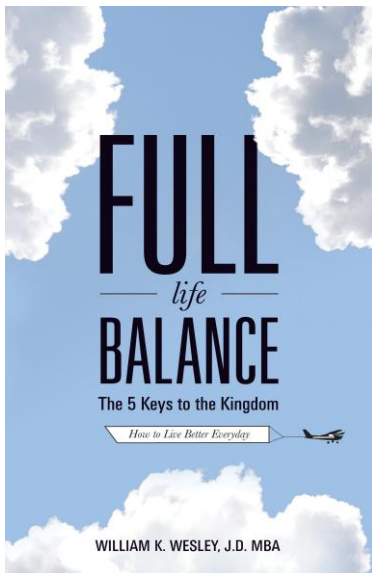
Schedule of Fees*

Keynote.....\$2,500 - \$4,000

Full day workshop (max 6 hours).....\$2,500 - \$4,000

Half day workshop (max 3 hours).....\$1,500 - \$2,500

Panelist/Special Events/Non-Profits.....Contact us for quote



Full life Balance:

The Productive Wellness Handbook:

Full Life Balance.....\$9.99 ea.

(Book quantity discounts are available, please call for quote)

**To book William K. Wesley at your next event or conference,
please contact us at:**

william@fullifebalance.com

or **925.822.5453**

***NOTES:**

- 1) Fees do not include coach airfare, ground transportation, hotel accommodations, meals, incidental such as parking and audio-visual requirements.
- 2) Travel expenses must be paid by client within 30 days after speaking engagement and or event. Hotel must be pre-booked in advance for the night before event.
- 3) All time scheduled over max must be approved in advance by William K. Wesley.
- 4) Prices effective 9/1/14 and are subject to change.

FULLlifeBALANCE CONSULTING AGREEMENT

This Consulting Agreement (the “Agreement”) is effective as of the date of the last signature (the “Effective Date”), between [XXXX], of [ADDR] a resident of [XXXXX] (the “Client”) and Full Life Balance Books and Seminars, LLC (FLB), located at 600 Kentucky St., #600, Fairfield, California, a California Limited Liability Company (the “Consultant”). Client and Consultant, jointly referred to as the “Parties”, agree to the following:

THE CONSULTANT:

1. Shall deliver Full Life Balance Productive Wellness (circle service) keynote speech / presentation / training / other (specify)_____;
2. Provide necessary support materials, handouts, and other content;
3. Provide an evaluation form that the Consultant is to compile, summarize and submit results to Client during an agreed upon after-event debrief;
4. Deliver services to Client in a professional, competent and timely manner and in accordance with the agreed upon time-table unless otherwise specified;
5. Warrants and represents to Client that it has the knowledge, resources and ability to perform services outlined in this Agreement;
6. Agrees to hold Client information as a confidential communication and as such will not divulge any client-specific information unless authorized in writing or compelled by law.

THE CLIENT:

1. Understands that Consultant guarantees to deliver Full Life Balance Productive Wellness service(s) to Client, but Consultant does not guarantee specific Client or Client employee outcomes;
2. Agrees to pay the fee for service specified in this signed Agreement;
3. Client agrees to put forth best efforts to provide Consultant with necessary information, access and materials that will allow Consultant to perform agreed upon duties;
4. Client warrants and represents that it owns all rights to product materials and ideas submitted to Consultant.

PRICE / PAYMENT:

1. Compensation shall be in the amount of \$_____ plus travel and expenses and will be contingent upon the completion of the speech / presentation /training. Travel shall be of a public carrier per the speaker’s choice.
2. The Client agrees to pay the speaker by Certified Check that is made payable to the speaker at the conclusion of the presentation or by Credit Card. Any late payments received after one week of the due date will be subject to a 10% penalty.

TERMINATION:

1. Parties may termination this agreement without cause for any reason after giving at least a two-week notice in writing via mail, confirmed fax or email.

DISPUTE RESOLUTION

- 1. In the event the Parties cannot resolve a dispute, Parties agree to submit to the decision of an independent mutually acceptable third party;
- 2. If Parties are unable to agree on an independent person or entity, Parties must enter into Arbitration and be bound by the American Arbitration Associations rules and guidelines;
- 3. The Arbitration will take place in California;
- 4. Parties are responsible for their own expenses.

MISCELLANEOUS

- 1. The speaker shall present, as described herein as an independent contractor, and the Consultant shall have no obligation with regard to such presentation, as a result of this Agreement to anyone other than the Client.
- 2. The Client shall furnish facilities for the presentation at its own expense and such facilities shall be of good condition with adequate lighting and heat.
- 3. If the Consultant does not appear or perform to the terms of this Agreement, then the Consultant shall be responsible for the payment of all damages, costs and expenses that were brought upon the Client due to the Consultant not showing up for the presentation unless the failure to appear is due to conditions that are beyond the control of the Consultant, for example medical disability and or an act of God that is outside of the Consultant’s control. Also, the Client shall not be responsible for any payment if the Consultant fails to give the presentation due to conditions that are beyond the control of the Consultant, for example medical disability and or an act of God that is outside of the Consultant’s control.
- 4. The Client has the option to purchase the right to simulcast or to produce a delayed broadcast of the Consultant’s presentation through a closed circuit or public television / radio or commercial cable television. This license shall be non-exclusive and the copyright of such license shall belong to the Consultant.
- 5. If the Client does record the Consultant’s presentation a copy of the recording shall be given to the Consultant approximately thirty days following the presentation.
- 6. Copies of the recording of the Consultant’s presentation may be maintained by the Client for the sole use of its employees. The Consultant grants the Client to maintain copies of the presentation and for them to use such copies for internal viewing purposes only.
- 7. No other audio taping or video taping of the Consultant’s presentation shall be permitted without prior authorization by the Consultant.
- 8. The Client shall provide the speaker a suitable area near the presentation for the Consultant to display and sell books and other educational material that is produced by the Consultant.

ENTIRE AGREEMENT:

This agreement contains the entire understanding of the parties and may not be amended with specific written consent of both parties. Any notice given under this Agreement shall be sufficient if it is and is sent by certified or registered mail.

The undersigned agrees to the terms of this agreement.

[XXXXXXX] (Client)

Date _____

William K. Wesley (Consultant)
Full Life Balance Books and Seminars, LLC

Date _____

CLIENT SURVEY

In order for us to craft and deliver a customized, organization-specific training program, we ask your assistance with the following: 1) Schedule a time where our team can interview you and or a member of your team; and 2) Complete the client survey below (use priority ranking where applicable—i.e. 1= most important; 3= least important).

A. What is the goal of the training?

- a. Employee motivation __
- b. Training __ Select focus areas below
 - i. Teamwork__
 - ii. Sales __
 - iii. Management __
 - iv. Communication __
 - v. Wealth Management __
 - vi. Other (please specify) _____

B. Please provide a brief description of the attendees (i.e.—position, background, interests, goals)

C. Number of attendees per job description:

- a. Sales _____
- b. Administration (non-manager) _____
- c. Administration (manager) _____
- d. Sales manager _____
- e. Director _____
- f. Other (specify)_____ _____

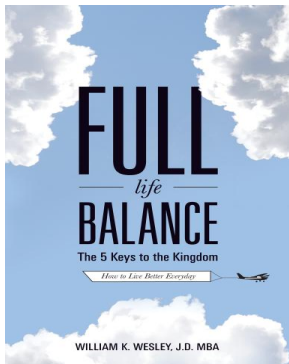
D. Comments: Please provide any additional information, questions or comments that you feel will help make the sessions more productive. _____



FULL LIFE BALANCE
LIVE BETTER EVERYDAY

Do you need a boost? Do you feel that something is missing? Do you want to Be Better, More Consistent, More Productive? Do you need help getting there? Maybe its time for a coach. Michael Jordan had one. Joe Montana had one? Tiger Woods and Serena Williams use one. Do you? Do you want someone who has worked in the business trenches and 'gets it'? Someone who will help you regain your business 'buzz'? See promotional video: <http://youtu.be/-GrZmi0TySU>

William K. Wesley's Full Life Balance Productive Wellness Training and Top Performance Coaching may be your answer. William's system focuses on proven techniques that will help you improve your Attitude, Productivity, Stress and Change Management and Teamwork. See his CBS/KPIX Bay Sunday interview: <http://youtu.be/HWk1TZ6vruc>



From his early years in the housing projects of San Francisco, William took the hard lessons of self-reliance, determination, and struggle to become a Top Performance Coach. Some of his clients are T-Mobile (USA), Kaiser and AnaSpec. He also speaks at Rotary Clubs, universities and other organizations; and delivers life transforming tips that can help you be well, work smart *and* have fun on the road to increased productivity. William began his passage to *Full Life Balance* Productive Wellness over twenty years ago. He was severely out of balance and experienced a life-changing epiphany that helped him not only get back on track, but thrive. Call William now!

Contact us:
www.fullifebalance.com 925.822.5453

Testimonials

"As William so powerfully states, 'Wellness is not fluff! Full Life Balance Wellness increases productivity and when you increase the productivity of your employees, it flows right to the bottom line.' William delivered his message to a group of managers and leaders at our firm and each was as blown away as I was. We are in the process of scheduling William to speak to more of our employees as soon as possible." Rachael Guillory, **Director, Major Telecommunication's firm**

"I recently heard William Wesley on the radio, and I've attended his Seminars. His message of personal transformation and spirited, unselfish living comes across with real warmth and authority in person. Read the book. Catch him in person. You'll believe, too." Antonio Watkins, **MFA, Professor, St. Mary's College**

"William Wesley's training was very helpful for the team I was managing at that time. It helped the entire biotechnology, sales & marketing team to improve their lives not just professionally but also personally. The performance of the team was much higher after the training. William's delivery style is very unique I am highly recommending William for future training...." Violeta Jordan, **MBA, Global Director, Anaspec**

"Your book (*Full Life Balance*) is now on my Kindle for my enjoyment AND reference when the world seems wacky (quite often). It provides a reality check and a way of thinking about things..." Caroline Kane, **PhD., Retired Professor Emeritas, UC Berkeley**

"William Wesley is one of the most profound speakers the Valley Real Estate Network has ever had! Although his presence caught everyone's attention, his story captivated us! When William pointed out the common thoughts and feelings we all have regarding our busy day to day lives, everyone laughed, cried and certainly related to every word he said. Then, he closed by explaining how his 5 keys would help us get the full life balance we need to deal with our hectic lives in a much better way! William is truly inspiring.....!" Don Cruz Datanagan, **President, Valley Real Estate Network, District Broker, ZipRealty**

"William was our first, non-accountant key-note speaker for our marquee event, the Scholarship GALA, in recent memory. Because of this, we were a bit apprehensive about whether he and his message would connect. If only we knew. We should have allocated him more time. He was magnificent. He blew us and everyone else in the audience away. His presentation was on point, resonated with the audience and he had everyone wishing there was more time for him to expand on the 5 keys. All we could do was form a very long line to him at the end and scoop as many copies of his book as we could lay our hands on. He has definitely opened our eyes and minds and we will be forever grateful to him for sharing his time and life lessons." Munya Mututa, President, **San Francisco National Association of Black Accountants (NABA)**

BIOGRAPHY

William K. Wesley is an author, transformational speaker, Top Performance coach and professor. He regularly conducts self-development and productivity improvement trainings and presentations based on his book *Full Life Balance: The Five Keys to the Kingdom (How to Live Better Every Day)* at corporations, colleges, organizations and institutions of all sorts. William's client list includes such firms as Kaiser and T-Mobile; Rotary Clubs and the YMCA organizations and institutions such as City College San Francisco and California Men's Prison, Solano.

As a professor, for five years William taught management principles, organizational behavior and management communication at Golden Gate University. He is a Dispute Resolution Arbitrator with the Financial Industry Regulatory Authority (FINRA). William is currently working on his second book in the Full Life Balance series, *FLB Productive Wellness: How to Be More Productive and More Profitable Every Day* scheduled for release in 2015.

William has over 20 years in sales, financial services and retail sales management and coaching with firms such as Morgan Stanley, Charles Schwab, Citibank and Merrill Lynch. He has held such positions as Financial Advisor, Bank Branch Manager, and Vice President of Investor Education. Prior to financial services he held sales and store manager positions in the consumer retail environment. He has managed top teams and developed top salespeople. William holds basic and supervisory securities licenses (Series 7, 24, 63, and 65) and a Life and Disability license. He received his MBA and his JD (Doctor of Jurisprudence) from Golden Gate University in San Francisco and his BS in Business from the University of San Francisco.

William consulted with Laney College in Oakland, California to establish a first of its kind Men's Center on campus. He is an advisory board member of Biotech Partners, a Berkeley based youth science internship program. William is a former San Francisco Human Rights Commissioner, the creator of the Stadium Scholarship program, a former Board of Managers member of the Bayview Hunters Point YMCA and the former Program Director of San Francisco's Mayors Summer Youth Employment Program.

William enjoys sailing, reading, writing (he is also working on his first novel, *Uncle (One in Seven Billion)*), playing tennis, playing chess and spending time with his wife, children and grandchildren.

SHORT BIO / INTRO

William K. Wesley is a Productive Wellness Lifestyle coach, author and professor who regularly conducts self-improvement and personal development trainings and presentations based on his book *Full Life Balance: The Five Keys to the Kingdom (How to Live Better Every Day)*. His client list includes T-Mobile USA, Kaiser and Anaspec. For five years he has taught courses including management principles, organizational behavior and management communication at Golden Gate University. He is a Dispute Resolution Arbitrator with the Financial Industry Regulatory Authority (FINRA), a former San Francisco Human Rights Commissioner and the creator of the Stadium Scholarship program. William received his MBA and his JD (Doctor of Jurisprudence) from Golden Gate University in San Francisco and his BS in Business from the University of San Francisco.



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FLB PRODUCTIVE WELLNESS TRAINING FACILITY PREPARATION

The following items are needed for Productive Wellness training:

1. Room: well lit, adequate number of chairs, in circular format if possible;
2. Equipment: projector, speakers, screen, easel w/paper;
3. Supplies: writing utensils for attendees, large pull-off note pad, markers.
4. Water and/or fruit juice and a light snack (if possible).

PUBLICITY PHOTOS



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