



GETTING OFF THE TREADMILL

ESCAPING THE RACE TO NOWHERE

Don't live your life in a sleepwalking trance. Instead, be aware of all the joys life has to offer. As a result of his talks, audience members find more personal insights, more life direction, more happiness, and more tools to improve the quality of life at work and at home. If you want to make a significant change for the better, and enjoy a bit of humor along the way, this is the speaker for you.

Discover the secrets of...

- **Improved image**
- **More personal growth**
- **Higher morale**
- **Better performance**



PRAISE FOR MIKE LAESEN'S *GETTING OFF THE TREADMILL*

"Purpose driven executives will gain an even deeper understanding of their intentions, while overextended executives will experience a newfound perspective to help them find balance in their lives."

Sam Reese, CEO, Vistage Worldwide

"Mike Lauesen has written a book that will touch your heart, mind and spirit and lead you into a brand new way of looking at life. Filled with original ideas and powerful wisdom, Mike shares himself as he teaches you how to live. A Must Read for anyone who wants to walk a new path."

Dr. Bobbie McKay, author of Dancing with God: A Spiritual Autobiography

"Getting off the Treadmill is loaded with thoughtful and heartfelt contemplation. Mike Lauesen's passion is sharing, shaping and helping others discover and explore their life's purpose."

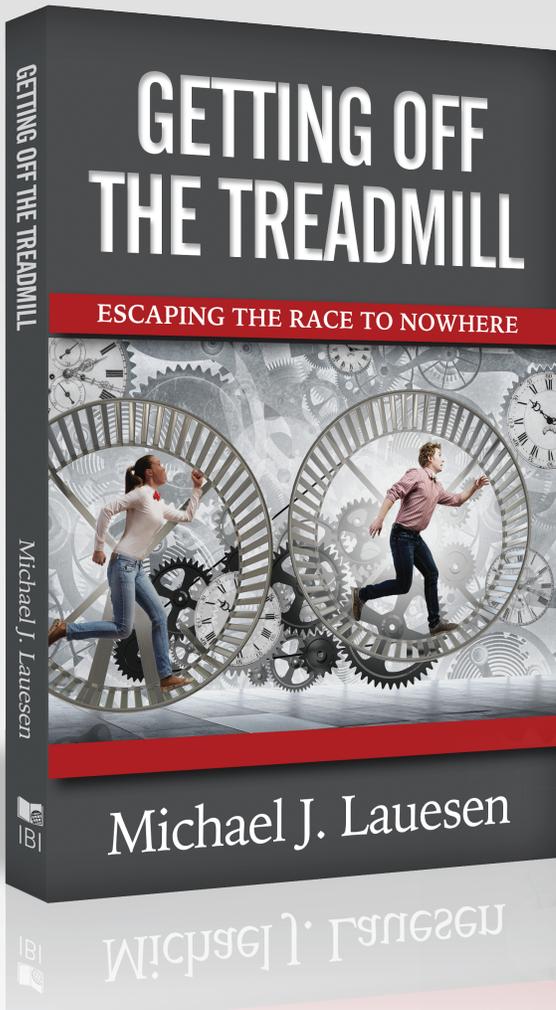
Arnette Heintze, CEO, Hillard Heintze, US Secret Service (Ret.)

"In your hands you hold the principles and practices for presence and peace. If you want more out of life and a life worth living, read this book over and over. It is a wakeup call. And, your alarm just went off."

Mark LeBlanc, author of Never Be the Same and Growing Your Business!

"Outstanding work with a powerful life-improving message to make your future happier and improve the joy in your life."

Robin Ryan, bestselling author of 60 Seconds & You're Hired and Retirement Reinvention



IDEAL AUDIENCE:

Managers, Leaders and Teams

AVAILABLE FORMATS:

Keynote, Breakout

DESCRIPTION AND OBJECTIVES:

Getting off the treadmill means being mindful and paying attention to what is happening. Mike's message is it is never too late to get off the treadmill on the race to nowhere at work, at home, and in all aspects of life. Filled with inspiring stories, Mike's talks motivate people at all levels of the organization to improve performance.

After this program, attendees will be able to...

- Pay attention to what really matters
- Utilize goals to hold themselves accountable
- Start simply to improve eight areas of life
- Reflect daily on what really matters
- Uncover their true life purpose



MEET MIKE LAESEN

Mike Lauesen calls himself a recovering CPA and computer salesman who founded his own chemical coating company at the age of twenty-eight. After building the enterprise into a multi-million dollar international company, he exited as founder/CEO and started a new career as a professional speaker and life coach. He enjoys his family, cycling, travel, and rooting for the Chicago Cubs.

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