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## People Need to Fall in Love with Chaos

EDMONTON, AB – With Alberta's job market stuck in overdrive, people are feeling overworked and overwhelmed with the increasing chaos in their lives.

According to a study by Towers Perrin-ISR, 45% of Canadians feel more negative about their lives than five years ago, due to an increase in stress, workload and lack of balance. But rather than resisting the chaos, Laurel Vespi, certified life and business coach, says people need to learn to appreciate it.

"There is a naturally chaotic aspect to life. It doesn't always go in a straight line. Most people believe that chaos is a bad thing. That's a perspective that sets you up for failure," says Vespi. "When you have an appreciation for and a curiosity around natural chaos, then you are more likely to find ways to work with it, rather than resisting it."

In these booming times when things often feel like they are spinning out of control, it's important to have some tricks up your sleeve that help weather the storm.

"The first question you need to ask yourself is whether this is natural chaos or whether you are creating it," says Vespi. "Knowing the difference points you towards strategies that can create a greater sense of balance."

Known for her bold, funky and creative style, Vespi partners with people who are really ready to re-ignite and energize their lives or businesses, people who desire change, but are stuck in getting started, or people who start to change, but end up reverting back to the way they were before.

"You don't have to simply wake up and decide you want change," says Vespi. "You need to find a way to wake up and then not go back to sleep."

You can see Vespi and a host of other excellent speakers on November 24th at the Royal Glenora Club during Spontaneous Combustion, a fun, one-day workshop dedicated to re-energizing and re-igniting your passion for life.

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