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## The Self Improvement Show

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**August 20th 2015: The Superwoman's Guide to Super Fulfillment**

What woman today doesn't feel over-worked, over-tired, stressed-out and pushed to her limit? We all feel we aren't doing enough, we don't have enough time and we are lost to ourselves, awash in commitments that never allow for our own moments of self-care, personal enjoyment and individual reward. As Dr. Jaime Kulaga puts it, we are on the Ferris Wheel that keeps us stuck going round and round. We may be a super woman, but not necessarily a SuperWoman, a woman who knows how to achieve balance between life and work and be personally fulfilled. We are going to talk about how to get off the Ferri

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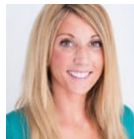
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## Featured Guest



### Dr. Jaime Kulaga

Dr. Jaime Kulaga is a licensed mental health counselor, certified professional coach, inspirational speaker, and entrepreneur.

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