

the **ART** of CATERING FOOD

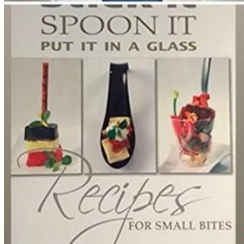
Eric LeVine
Keynote

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CHfEricL





Eric Levine

- Chef
- Entrepreneur
- Author
- Speaker
- Life Coach
- Survivor
- Marathon Runner



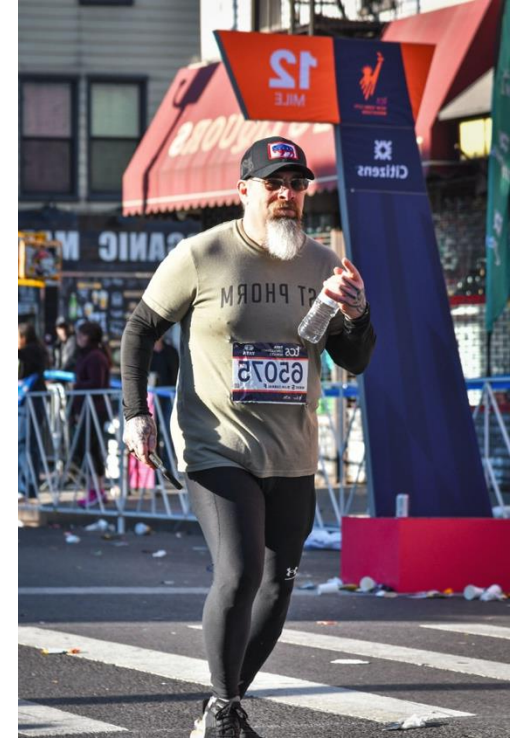
44 years of the industry

**Nothing matters if you don't take care
of you on every level.**

My NYC Marathon.

What's your why?

**Change can happen when you decide
to do the work.**



Diet vs Lifestyle

What can you do?

- Change your eating habits
- Change your approach to down time

Dieting can involve

Weight loss

**Disease
prevention**

**Health
Improvement**

**Lifestyle
Changes**

**Eating
healthy**

Being active

**Sleeping
well**

**Reducing
stress**

Hydrating

**Avoiding
smoking**

**Moderate
alcohol**



Work Life Balance

for you and for your team

**Flexible
scheduling**

Paid time off

**Time
management**

**Take
breaks**

**Healthy
lifestyle
maintenance**

**Learn to say,
“no”**

**Prioritize
quality time
off**

**Teach
delegation
skills**

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Thank you!

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