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**TOOLS FOR  
BOOSTING YOUR MENTAL  
AND PHYSICAL SAFETY IN  
AND OUT OF THE WORKPLACE**  
WITH DEBBIE PICKUS



**APRIL 27**

## Event Details

Date: Wednesday, April 27

Location: Mesirow Financial

353 North Clark Street,  
4th Floor

Chicago, IL 60654

Time: 5:30pm Networking

6pm-6:45pm Training Activity

Cost: \$30, registration required

Debbie Pickus speaks to professional groups about staying strong, powerful and confident in business and in life. Her company, Team Fireball, creates fitness focused team building programs using Self Defense and other physical training activities so that people get moving, reduce stress, and build energy and confidence.

Her mission is to deliver these empowering programs to those affected by domestic violence, changing the mindset, self esteem and belief systems of those who feel trapped by their circumstances.

Debbie has a black belt in Shotokan karate, has been a fitness professional for close to 20 years and is the former co-owner of a Title Boxing Club. She's a contributor in 3 books about women's empowerment, fitness and mindset and is the mother of three adult children. She lives with her fiancé Bill who is her partner in Team Fireball.

Event location sponsored by:



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