**Request for Employer Support for Be Uninterrupted Work-Life Planning Bootcamp**  
  
Dear [Manager's Name],    
  
I am excited to bring to your attention an incredible professional development opportunity that I believe will benefit both [Company Name] and my own personal and professional growth. I would like to **request your support in attending the Be Uninterrupted Start your Year Off Bootcamp** on January 20, 2025.  
  
This one-day intensive bootcamp is specifically designed to help professional women create a thoughtful, actionable work-life plan for the year ahead. By developing strategies to thrive personally and professionally, I’ll be equipped to bring my best self to [Company Name]—increasing focus, energy, and resilience.    
  
**How This Benefits [Company Name]:**

* Enhanced Productivity: The bootcamp focuses on balancing competing demands, improving decision-making, and setting effective goals, which will enable me to operate at peak efficiency.
* Improved Well-Being: Tools and strategies shared at the event will help mitigate burnout, increase focus, and build resilience, ensuring sustained contributions to our team’s success.
* Actionable Plans: By the end of the day, I will have a “Plan on a Page” outlining specific, measurable goals that can directly align with our organizational objectives.

**Agenda and Speakers:**  
The day features interactive sessions with experts who will address critical aspects of work-life planning, including:

* A global leader in performance and development at a top consulting firm will share strategies for building sustainable habits that enhance productivity and engagement at work.
* A renowned negotiation expert and keynote speaker will focus on self-advocacy and establishing boundaries to protect time and energy for both personal and professional priorities.
* A peak performance coach with training from Tony Robbins will offer tools to manage mindset, overcome barriers, and maintain motivation throughout the year.
* A Financial Planning executive from a major Canadian bank will guide participants in aligning their financial goals with their broader work-life objectives, helping to reduce stress and focus on long-term success.

**Event Details and Investment:**

* Date: January 20, 2025
* Time: 10:00 AM – 5:00 PM
* Location: MJMA Architects, Liberty Village, Toronto
* Cost: $332.09 after HST

**Commitment to Share Outcomes:**  
I am committed to maximizing the value of this experience by sharing key insights and takeaways with our team upon my return. Whether through a presentation, internal workshop, or informal discussion, I will ensure that my learnings contribute to our collective success.    
  
Thank you for considering this request. I am happy to provide additional information or discuss how this opportunity can best align with our goals.    
  
Best regards,    
[Your Name]    
[Your Job Title]