

How would it feel if you could:



- ✓ Accomplish more.
- ✓ Stress less.
- ✓ Smile more often.

You can.

March 21, 2008 • 9AM-12:15PM

STRIVING FOR IMPREFECTION ~~PER~~ ~~PERFECT~~

a.k.a "If guilt and shame were motivational, we'd all be happier, healthier, and wealthier."

Plan to attend this playful, educational, interactive, inspirational presentation, conducted by professional motivator, THINspirational speaker, syndicated columnist, and recovering perfectionist, **Scott "Q" Marcus**.

By Attending This Session, You Will:

- § Understand the "4 1/2 Assumptions" that cause frustrating, counterproductive behaviors
- § Learn how to accomplish more by utilizing a simple, effective method to break down seemingly insurmountable obstacles into small steps ("Think 1st")
- § Develop an understanding of the Four Quadrants of Personality ("LEPS") and learn how to apply them to attitude, communication, conflict avoidance, health, and happiness
- § Walk away with at least ONE CONCRETE STEP to change your life, job, or attitude by the session's end!

● Very inspiring... One of the best presentations I saw. It held our attention very well. It was fantastic!
Debra Marlar, CMC
President, AK Assoc. Municipal Clerks

● Your presentations were the highlight of the conference. Great job! I hope to work with you again in the future!
Joann Tilton, Manteca City Clerk
CCAC Professional Development Director

Who Should Attend?

- § "Perfect-o-Holics" & "Rescuers" who take on too much saying, "Who else will do it as well as ME?" (You know who you are!)
- § Professional "Worriers" who get overstressed due to concerns about workload, poor health habits, or life imbalance
- § Procrastinators wishing to lose weight, enjoy more family time, get organized... (Insert Dream Here): "One of these days..."
- § ANYONE who wants to develop some valuable life skills, feel motivated, and have a playful time before leaving

Scott "Q" Marcus, THINspirational Speaker, lost 70 pounds 13 1/2 years ago and now delivers playful, interactive presentations to help increase productivity, morale, and happiness, by reducing procrastination and perfectionism. In addition to being a weight loss consultant and immediate past president of the Northern California chapter of the National Speakers Association, he is a syndicated columnist, and author of two books.

If you wish to view a message from him to WMCA, and take a brief questionnaire regarding the presentation, you can go to www.scottqmarcus.com/WMCA

