

# Overview of Topics & Benefits

Each topic is customized to your particular needs. If you have questions or concerns, please ask. All are delivered in an extremely interactive method. **Satisfaction is guaranteed.** (Ask about my guarantee.)

## Navigating the Land of Conflict

(aka "Mine, no MINE! Give IT to me!):

**Subject:** Conflict Avoidance & Management

**Overview:** This series is designed for businesses and individuals who find that periodically, they are unable to accomplish as much as is needed because they get mired in conflict. Depending on the length and objective of the seminar, tools are provided to help handle conflict in the workplace, between organizations, or even improve their personal relationships.

**What Participants Will Achieve:**

- Understand the "Stages of Calm and Conflict" and identify where they are in that cycle
- Learn methods to avoid conflict or minimize it when it happens
- A better understanding of how to coordinate with others, personally and professionally

Most  
Requested

## You mean we're supposed to help Each Other!?

**Subject:** Team Building

**Overview:** It's a fact that too many people think asking for help will diminish their "power" or take away credit from what they do. The reality is that the better we work with others, the more we get done and the more credit for all. This series is a method to get people to realize teams are more powerful than individuals – and more productive - while enhancing self esteem and personal productivity.

**What Participants Will Achieve:**

- Understand how to build teams
- Learn delegation techniques
- Methods to be more productive while helping others

Timely  
for Tight  
Budgets

## Serenity In Parenting (THINK 1<sup>ST</sup>)

**Subject:** Goal Setting

**Overview:** Although this was designed for a Foster Parent Conference, THINK 1<sup>st</sup> is valuable for any individual or group. It is a step by step process by which one is able to help oneself (and others) look at the reasons for counterproductive behaviors. This playful presentation then helps participants understand those reasons, and devise a plan utilizing fun, small, concrete, productive steps to change behaviors and develop productive habits and teamwork so that major life changes can - and will be - accomplished.

**What Participants Will Achieve:**

- Understand the four premises that cause generate ALL behaviors
- Identify how to achieve objectives by utilizing in a productive method
- Devise a plan to accomplish goals – and start implementation immediately

Motivational  
& Helpful

## Eenie-Meenie-Minee-Moe

**Subject:** Decision Making & Problem Solving

**Overview:** It's not that most people are neither smart nor skilled enough to be able to make decisions and solve problems. The reality is that it's an acquired skill. This series will give participants the skills they need to help make more informed decisions and to prioritize their days, becoming more productive, empowered, and happy.

**What Participants Will Achieve:**

- Understand the hierarchy of problem solving (IPHR)
- Develop questioning skills to get to the "matter at hand" quickly and accurately
- Prioritization skills

## Huh? Did you say something?

**Subject:** Improving Communication

**Overview:** This series helps participants understand the difference between *hearing* and *listening* and shows participants how to improve their communication skills to be more productive, build stronger teams and relationships, and be happier in their professional and personal lives.

**What Participants Will Achieve:**

- Understand ALL methods in which we communicate
- Develop tools to improve communication and overcome noise
- Better communication skills, generating more productivity

## What's Eating You (and why are You Eating it Back?)

**Subject:** Attitude Adjustment and its Effects on Behavior

**Overview:** Each person handles stress, frustration, and sadness in various ways that aren't always productive or healthy. Sometimes, we let them get the better of us; sometimes not. By changing the reactions to the events in one's life, people are able to change attitudes and hence behaviors. This series gives participants "new eyes" to change their behaviors and attitude, and generate more productivity, healthier lives, and a better attitude. *This process will also enhance personal health.*

**What Participants Will Achieve:**

- Understand relationship and flow between thoughts, attitude & behaviors
- Learn to accept responsibility without blame
- Devise methods to change counterproductive thoughts and habits,

Mental  
& Physical  
Health

"Don't WEIGHT to Live Your Dreams!"



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