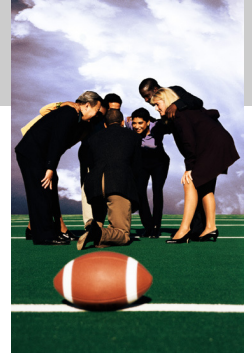


2013: **New** Training/Keynote Topics



Get a Grip!

- 1 hour Keynote
- 2 hour Training Session

It's 5:00 o'clock and you are staring at your ever-growing inbox. Your to-do list for the day is still on your desk. That gym membership you bought has not been the best investment. You can't remember the last time you went out for fun with a friend. Sound familiar? Well it doesn't have to be this way! This is the year of 'self' management! Join us for this quick session of tips and techniques to get a grip on your life!

Gen Why?

- 1 hour Keynote
- 2-3 hour Training Session

Women are from Venus, Men are from Mars, but where did these entitled aliens come from? Gen Y is here to stay, but who are these texting, demanding creatures in our office? Join us as we take a humorous trip through the history of the different generations in our workplace. This is a fun, informative session that uses visual and video aids to bring a laugh and a smile to all age groups!

The Clash of the Coworkers

- 1 hour Keynote
- 2-3 hour Training Session

You are trying to focus, but your coworker is talking loudly on their speakerphone. Your head is going to explode because of the strong smell of cologne coming from the next cubicle. The sales department keeps making promises that you can't possibly fulfill. Conflict management is a critical skill for all employees. This session includes tools and role playing to help participants handle workplace disputes in a professional, tactful way.

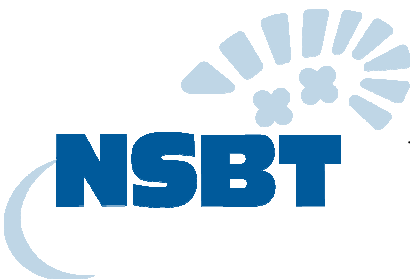
Creating a Culture of Commitment

- 1 hour Keynote
- 2-3 hour Training Session

Gallup studies show that only a third of a company's employees are truly "engaged"- enthusiastic, go-getters who are dedicated to the success of the business. So how do you get the rest of your staff to take ownership and initiative? This session is geared to leaders who are trying to create a culture of commitment in their organizations. Success stories, specific examples, and practical techniques will provide leaders with some immediate ideas to implement.

**Contact us today to see how we can
customize this session for you!**

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