

- Do people push your buttons?
- Do you sometimes 'lose it' under pressure?
- Do you find yourself focusing on the negatives?
- Do you find yourself being too serious?

If You Answered 'Yes' To Any Of These Questions, You Need To Learn More About My Workshops.

Imagine being calm and focused despite what is happening to you or around you.

People are sometimes surprised to hear that how they process their world plays a significant role in stress and how effective, creative and constructive their actions could be.

By learning how to process what is happening differently, it is possible to become more responsive and less reactive. This allows you to focus attention on constructive action and not inadvertently turn situations, change or people into "a problem".

Learning to master your reactions is part of my **Mind Tools For Self-Management** – a customized workshop or learning event that teaches you everything you need to know to **put yourself in control**, instead of everyone and everything else.

My workshops cover topics including:

- Stress Reduction & Control
- Experiential Team Building
- Problem Solving & Creativity
- Thinking On Your Feet
- Managing Anger

Mind Tools for Self-Management applies old thinking for new times. It's an easy, learnable way to save time and energy by being more 'present', more responsive and more in control. Imagine what that would help you do better!

What is so special about these tools is how easy they are to use and how much simpler they are than many other approaches.

Please contact me to learn more about how **Mind Tools for Self-Management** and my other learning workshops and events can benefit you.



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