



Professional Speakers and Trainers

Training Seminars – Personal Development

Emotional Intelligence

Is your intellectual intelligence the greatest predictor of what you'll accomplish in life? We have been conditioned to believe that IQ is the best measure of human potential. Recently, however, researchers have found that this isn't necessarily the case -- that in actuality, your Emotional Intelligence Quotient (EQ) might be a greater predictor of success as well as one of the keys to happiness.

Possessing a high IQ is fine when it comes to intelligence of the academic variety. But how bright are you outside the classroom, when it comes to life's stickier moments? There you need other kinds of resourcefulness -- most especially emotional intelligence, a different way of being smart.

Goals and Objectives

- ◆ Introduction to the idea of Emotional Intelligence
- ◆ Complete an EQ assessment
- ◆ Discover your own EQ
- ◆ See and understand the EQ in others
- ◆ Find ways to appreciate the different styles in others

How You Will Benefit

You will, through Emotional Intelligence be able to:

- ◆ Accurately define emotions
- ◆ Use emotions to help you think
- ◆ Understand what causes emotions
- ◆ Manage to stay open to these emotions in order to capture the wisdom of our feelings

Pre-requirement

- ◆ Complete an EQ test prior to the workshop
- ◆ Hand in the test results 2 weeks prior to the training day.

Leader

Mark Hood received his master's degree in psychology from the University of Missouri and received specialized training from the Menninger Clinic. His books, "Live Before You Die," "Oh, To Be A Glow-Worm," and "Here It Is, There It Was, and So It Goes" deal with overall mental and physical health. He is a well-known speaker and trainer, has taught psychology courses in several states, and has a weekly newspaper and TV advice segment.

Length of Session: 3 Hours

Transportation: From Topeka, Kansas

Creative Thinking

In this fast paced world that we all live and work in, we know it is the innovative mind that lives to see tomorrow's success. In this highly interactive workshop the presenter will help you jump-start your brain. Learn how to tap into your creative side instantly without all of the nagging self doubts of what others will think. You will also learn how to recognize creativity in others and encourage them. This seminar is designed to help you discover several ways to handle a task so that you can quickly move from problems to solutions.

Goals and Objectives

- ◆ Develop instant mind mapping
- ◆ Participate in seriously fun brain storming
- ◆ Learn how to hold effective problem solving meetings
- ◆ Identify techniques for clearing the cobwebs out of your mind
- ◆ Recognize the importance of humor

How You Will Benefit

- ◆ Foster an innovative environment in your workplace
- ◆ Recognize and remove barriers to individual and group creativity
- ◆ Adapt to different thinking styles in group and team environments
- ◆ Know how to lead and motivate others without stifling their spirit

Leader

Pearl Rovaris MacDonald is an accomplished speaker and seminar trainer with more than 750 presentations to her credit. She is also an improvisational comedian for Comedy City in Kansas City, Missouri. Pearl understands the challenges that we all face every day. She delivers a fast paced, skill packed program with techniques that will be used and enjoyed immediately.

Length of Seminar: 3 hours

Transportation: From Kansas City, Missouri

Interpersonal Relations Skills

In order to advance your goals, business, and success, first you need to enhance your ability to interact with others at all levels. This presentation will better equip you to accomplish this in both work and personal relationships. John Madden's approach is upbeat and interactive, soliciting commitment and constructive input from participants. His style is energetic, educational and humorous.

Goals and Objectives

- ◆ Identify relationship challenges
 - Who's on my "list"?
 - What is my "risk factor"?
- ◆ Recognize behavioral styles
 - What makes me tick? *Why do I do what I do?*
 - What makes my employer/co-workers tick?
 - How can I "blend" with those different from me?
- ◆ Learn the characteristics of the "Communication Game"
 - Tell-tale signs
 - Barriers to effective communication
 - The power of listening

How You Will Benefit

- ◆ Improved relationships with difficult people
 - Traits to be aware of
 - Techniques to use
 - How to follow-up for success
- ◆ Better business and social interaction
 - First impressions are powerful
 - Impress people right off the bat
 - "Working a room"

Leader

John Madden is a professional speaker, author, and training consultant. Educated in Dublin and London, he has lived and worked in Ireland, England, and the United States managing multiple hotels and restaurants. In the past eight years he has presented lectures and seminars for all industries and associations throughout this country and abroad. His topics include Customer Service, Creative Problem Solving, Coaching Skills for Managers, Time Management, Stress Management Through Humor, and Interpersonal Skills.

Length of Seminar: 3 hours

Transportation: From Wichita, Kansas

“Leap, Don’t Sleep!”

Through presentation, interaction and discussion, John Madden will share and apply some dynamic principles from his 2002 book, “Leap, Don’t Sleep!” These principles apply to all operational and human resource situations, and will help members advance to another level of creativity and profitability in today’s world of constant and radical change. John’s approach is upbeat and interactive, soliciting commitment and constructive input from participants. His style is energetic, educational and humorous.

Goals and Objectives

- ◆ Find more creative solutions to problems, often with humor
- ◆ Distinguish your business/operation from others by rising above mediocrity
- ◆ Learn how to guarantee repeat customers
- ◆ Discover how to achieve more by changing expectations of people and events
- ◆ Capitalize on the power of humor in the workplace, and in personal and business relationships
- ◆ Enjoy personal and business success through the development of others

How You Will Benefit

- ◆ Discover solutions to long-lasting problems or frustrations with processes and/or people
- ◆ Enable more effective solicitation of great input and ideas for profit growth from employees
- ◆ Increase customer retention
- ◆ Increase profits through innovation and accelerated employee participation

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Length of Seminar: 3 hours

Transportation: From Wichita, Kansas

Master Your Personal Power to Get the Results You Want

Tap your internal personal power to get more of the results you want in business, life and play. Enjoy this high energy presentation as Master Gary Grooms teaches you how to summon power you may not know you possess. His unique perspective will highlight major areas that impact your personal power. His vision can help you learn how to take control of almost any situation and turn it to your advantage.

Goals and Objectives

- ◆ Learn what personal power *is* and *is not*
- ◆ Identify how others see your personal image and why it is important
- ◆ See how interpersonal skills can make or break your personal power
- ◆ Discover how controlling your time can improve your personal power results
- ◆ Learn to differentiate between being assertive and being aggressive

How You Will Benefit

- ◆ Ability to employ 5 simple steps that help you manage your time
- ◆ Improvement in your effectiveness, efficiency and control
- ◆ Create a new view of yourself and an improved personal image
- ◆ Enjoy greater respect from others

Leader

Master Gary Grooms is a nationally recognized martial arts professional who has extensive experience in training individuals in a variety of fields. Before martial arts became his full time profession, Grooms spent 12 years in franchise management with several national fast food operations. He currently licenses 3 martial arts schools and runs 2 highly respected programs at major universities. He is a 6th degree black belt and 6th black sash. He has authored several articles for national trade publications and has been a featured speaker on local radio, television and CNN.

Length of Seminar: 3 hours

Transportation: From St. Petersburg, Florida

In Search of an Optimistic Attitude

Overall optimism and happiness comes from a combination of your genetic set level, circumstances you are living through, and the variable under your control. Those who are the most optimistic are able to focus on those strengths that they can control and rise above all the external factors. In this energetic, interactive and extremely informative presentation, Mark Hood outlines the characteristics of an attitude that exudes an optimistic perspective on the world.

Goals and Objectives

- ◆ Recognize the pathways that block optimism
- ◆ Learn about the history of negativity in psychology and our culture
- ◆ Identify the key components of individuals who are happy, stress resilient, and mentally well
- ◆ Create ways in which you can change your internal dialogue
- ◆ Suggestions on continued growth and development
- ◆ Learn about overcoming life's difficult disruptions
- ◆ Discover the many factors that are truly under our control

How You Will Benefit

- ◆ Increased ability to focus on those strengths that you can control
- ◆ More developed freedom to choose your attitude
- ◆ Increased overall mental and physical health
- ◆ Greater ability to rise above all external factors

Leader

Mark Hood, MA was the marketing director and facilitated clinical groups at Parkview Hospital, developed a biofeedback department in a Kansas City psychiatric hospital, and has set up several departments in numerous hospitals throughout the country. Through his research, he has found that there are common threads that are interwoven into the lives of individuals who possess an optimistic perspective. He utilized these results when he facilitated cancer and depression support groups throughout his career in the field of psychology. Mark has completed his third book, "Here It Is, There It Was, and So It Goes!" highlighting the issues concerning overall mental and physical health leading to a more fulfilled life.

Length: 3 hours

Transportation: From Topeka, Kansas

Pull Yourself Together — Getting Control of Your Time and Your Life

In this seminar you will learn how to drag yourself away from the unimportant, how to spend much less time on the urgent, how to win the paperwork war, how to say "no" with more conviction, and how to save serious money by running shorter, more effective meetings. This seminar is designed for all levels of operations, including owners, supervisors, managers, leads, and administrative personnel, in all types of business; both the public and private sectors.

Goals and Objectives

- ◆ Where do I start?
 - Your mission and goals – 5 steps
 - Your *Master List* – four reasons you can't be without it
 - How to get organized – 3 steps for the upcoming week
- ◆ How to make it happen each day
 - 3 important steps to kick-off your day
 - Capitalize on your most productive time of the day
 - 5 options to master paperwork
 - Eliminate unnecessary interruptions – learn to say "no"
 - Learn to delegate less important projects
 - 8 guidelines for productive meetings
- ◆ Keeping stress under control
 - Relaxation techniques
 - Visualization
 - Paradigm change
 - Laughter

How You Will Benefit

- ◆ Enjoy the payoff for managing your time more efficiently
 - Get control of your life
 - Do the things you've always wanted to do
 - Increase your earning power
 - Reduce stress and guilt

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Transportation: From Wichita, Kansas

East Meets West – How Ancient Techniques Solve Modern Day Stresses

Today's office workers are experiencing increased aches and pains that can be attributed to their work environment. In this interactive presentation learn how ancient Chinese systems can help you avoid many current body and mental stresses. Work with Master Gary Grooms, a prominent martial arts professional and entrepreneur, as he teaches you how to reduce office related stress injuries like back pain, neck and headaches and carpal tunnel syndrome, and have more energy to burn all day.

Goals and Objectives

- ◆ Learn simple exercises to avoid aches and pains caused by office environments
- ◆ Unlock secrets to combat daily mental stresses
- ◆ See how some tiny changes in your posture can give you energy all day
- ◆ Practice easy ways to relax tense muscles to improve productivity

How You Will Benefit

- ◆ Avoidance of major aches and pains
- ◆ Improvement in work attendance
- ◆ Reduction in doctor visits and sick day usage
- ◆ Improvement in overall health and mental well-being
- ◆ Increased energy and productivity

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Length of Seminar: 3 hours

Transportation: From St. Petersburg, Florida

Laughter Is the Best Medicine

“There ain’t much fun in medicine, but there’s a heck of a lot of medicine in fun”

Josh Billings

Laughter and humor are becoming serious business in health care because of their ability to act as a buffer against our stress filled lives. Humor is a powerful drug that produces positive side effects. Laughter is one of the greatest gifts to give yourself and dispense freely to others. The key to overall health and wellness is to expose yourself to as many beneficial influences as possible. Your ability to have fun needs to become a priority in your life.

There really isn’t a magic secret to laughter, but a conscious choice. That is, a simple attitudinal shift toward a more health promoting perspective. Make the choice and be the change you want to see in the world. In this presentation, extensive research will point

to the reasons why one has to revisit the personality trait that gets lost as we become more mature and responsible. So, what will it take to get there? Did we also mention that we would laugh?

Goals and Objectives

- ◆ Delineate the psychological benefits of humor
- ◆ Identify the physiological benefits of laughter
- ◆ Experience different forms of humorous material
- ◆ Discover the reasons why we block humor in our lives
- ◆ Laugh and have some fun!

How You Will Benefit

- ◆ Rediscovery of a well-developed sense of humor
- ◆ Lower stress levels
- ◆ Development of health promoting attitudes
- ◆ Better overall health and wellness
- ◆ Create a healthier work environment

Leader

Mark Hood, MA was the marketing director and facilitated clinical groups at Parkview Hospital, developed a biofeedback department in a Kansas City psychiatric hospital, and has set up several departments in numerous hospitals throughout the country. Through his research, he has found that there are common threads that are interwoven into the lives of individuals who possess an optimistic perspective. He utilized these results when he facilitated cancer and depression support groups throughout his career in the field of psychology. Mark has completed his third book, "Here It Is, There It Was, and So It Goes!" highlighting the issues concerning overall mental and physical health leading to a more fulfilled life.

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