

TAKE THIS JOB AND LOVE IT!

Managing Stress, Preventing Burnout, and Balancing Life ... On And Off The Job

With more work, fewer employees, faster changes, and less money, workplace morale, loyalty, and attitude can take a hit. Negativity can become more common. And comments such as, “It won’t work here ... We’ve always done it this way ... and ... That’s not my job” become more familiar.

And that’s dangerous because *negativity defeats you faster than the competition*. Negativity creates a workplace where people may not try as hard, care as much, or succeed as often.

The good news is you can create a positive workplace that is *less* stressful and *more* exciting where satisfaction and fulfillment are the rule, not the exception. And on a personal level, you don’t have to feel stuck, helpless, overwhelmed or exhausted.

Instead of sitting back and listening to a boring keynoter drone on, you’re going to get a high-content, high-energy and high-involvement experience when you book this program.

FORMATS:

Keynote can be customized from 30-90 minutes

KEYNOTE POINTS AND PAYOFFS:

- Flush out factors that hurt morale and sabotage productivity
- Turn nay-saying, gloom-and-doomers into positive, can-do contributors (Yes, really!)
- Create a workplace that *attracts* the best, *keeps* the best, and *brings out* the best in people
- Reinforce what’s healthy and effective in your life and work... and change what’s out of whack
- Renew, recharge, and re-energize yourself at any time in any circumstance

CLIENT ACCOLADES:

“Your powerful message along with positive interaction, interpersonal examples and demonstrations left an everlasting impression on the 800 attendees. We received so many comments saying you were *the best keynote speaker in my ten years of attendance.*”

– Jeff Hanthorn, Director,
Associated General Contractors of Wisconsin

"Your program was poignant and powerful and has already made an impact on our employees. I recommend your services to other agencies seeking *a creative, fun, and robust speaker to advance professional development and life balance in their organizations*. Top notch!!!"

– Garfield Boon, Jr., Deputy Director
U.S. Army Space and Missile Command

“When your keynote started, *you grabbed everyone’s attention from the very first and didn’t let them go until the time was up*. Your ability to target the subject and materials right to the heart of each participant is a tribute to your presentation skills and your ability to read our audience and their real needs. We’re building a more positive workplace and more balanced lifestyles as a result of your work.”

– Diane Fulcher
Manager, Siemens

RELATED RESOURCES:

The following recommended resources will help your audience members retain and implement the strategies Dr. Zimmerman shares:

- Take Charge: 6 Strategies For Achieving More Than Ever Before (CD album)
- Stress To Unstress: How To Manage Your Stress, Prevent Burnout, and Maintain Balance (eBook)
- Staying Up In A Down World: How To Create A Positive Work Environment Filled With Excellence and Excitement (eBook)
- Take This Job And Love It! How To Keep Your Balance In A Stressed-out World (single CD)