

Self Empowered Excellence

Self-Leadership, Responsibility, Accountability and Attitude—An Alternative to Psychotherapy

In the changing work environment today you often hear the buzz words ... TQM—self-directed work teams—team leadership—participatory management—empowerment? Have you noticed how hard it is to empower people when they lack the skills of self-management? This session or key-note combines both theory and practice. Participants learn the techniques of self-empowerment to implement strategies and tactics the very next day on the job. The way employees perceive themselves effects their productivity in the work place. Their confidence soars and problems become less cumbersome as the empowered worker uses the skills of self-talk, self-discipline and self-management.

In this seminar Susan teaches ways to:

- **Bring Order And Balance To A Demanding Lifestyle**
Use the principle of “alignment” to focus energies and increase personal power.
- **Set Priorities And Stay On Track To Personal And Professional Success**
Prioritize your commitments with the “sequencing technique.”
- **Control Emotions And Self-Limiting Fears**
Handle anger, anxiety, joy and frustration on the job and off.
- **Turn Insecurities Into Confident Communication**
Improve the way you think and feel about yourself using self-talk.
- **Be A Happier, More Successful Individual**
Organize your life and start moving in the right direction.

“Today’s program was an inspiration for me. I will always remember Susan and the way she spoke directly to me. It was as if she had a crystal ball into my life. A rewarding day well spent!”

*Debra J. Levitz, President
Select Office Services*

Who Will Benefit From This Program?

Professionals who are ready to create excellence in their life today

Associates who want to avoid self-sabotaging habits and escape negative attitudes and actions

Employees who want to take control of those aspects of their life that seem to be controlling them

Susan!