

# You need ANNE BARAB!



## Audience Favorites!

### I Had a Life Plan, but the Magnet Fell off the Fridge

Family doesn't want us to bring work home and employers don't want us to bring home to work. What's a person to do? Resilient, robust, juicy living means slurping up the wisdom inherent in your life journey. In this richly interesting and inspiring keynote, Anne will help you laugh and learn about how to:

- ✓ Encourage a positive mindset
- ✓ Apply the secrets of adapting to change
- ✓ Create more energy and fun in your life

*This keynote is the perfect opening for any conference or meeting. It will jump-start your people to learn, change and grow.*

### Even Bald Guys Can Have a Bad Hair Day

Stress is a natural part of life, but left unchecked it can lead to poor job performance, health problems, and broken relationships. With a resilient mindset you can do more than just survive, you can thrive on pressure. In this program you will learn how to:

- ✓ Reality-check your expectations
- ✓ Cultivate better responses to change
- ✓ Stop sabotaging yourself
- ✓ Nurture excellence in your professional and personal life

*Following Anne's keynote, this program is an inspired breakout session*


### You Can't Make Me Change Anything But My Underwear!

Do you have to get along with difficult people? Well, let's face it, they aren't going away. These people can be your peers, your subordinates, your boss, possibly even your spouse or crotchety old Aunt Edna. You can get crabby waiting for *them* to change, or you can change *your* mindset so these roadblocks become members of your personal success team! Learn how to:

- ✓ Listen with your heart
- ✓ Ask quality questions that help people grow
- ✓ Handle confrontational situations with grace
- ✓ Motivate people to strive for personal excellence

*An excellent workshop for customer service, emerging leaders and team building*

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