

STRESSERCISE™
FOR LIFE

Presents:

TEAM TURN-AROUND TALKS

Special Offer



**Customized
Programs**

Competing deadlines, ongoing interruptions and isolated mindsets can sometimes impair the best intentions. Team Turn-Around Talks are motivating, focused talks that deliver a refreshing change of pace for tackling team and morale challenges.

**50-Minute Sessions
Available by Reservation:**

11:30 a.m. or 1:00 p.m.

**Monday, Wednesday
or Friday**

Cost: \$500
(Larger groups — call for pricing.)

This Highly-Focused 50-Minute Session:

- Creates and ensures optimum performance
- Motivates and challenges each team member
- Provides an upbeat setting for interactive dialogue
- Engages individual members (in 2 minutes or less) to identify and succinctly state specific challenges and/or perceived solutions
- Stimulates solution-focused discussion
- Changes perspectives, boosts energy and defines direction
- The STRESSERCISE™ *for Life* approach clarifies core concerns, isolates underlying causes, and helps the group target optimum direction. Health, efficiency and communication tips also offered

Expected Outcome: Infuses the team with a fresh perspective, insights and motivation. Equips and inspires them to tackle challenges with renewed energy and open minds.

Scheduling is key. Reserve your session by calling **303-234-9482**.

Chance favors the prepared mind.

- Louis Pasteur

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Frequently Asked Questions

Team Turn-Around Talks

WHAT ARE THEY?

Team Turn-Around Talks are motivating, focused talks that deliver a refreshing change of pace for tackling team and morale challenges.

WHO ARE THEY FOR?

Teams, work groups, and all levels of management. The offering was designed to answer the ongoing requests of interested clients with limited time frames and budgets.

WHAT DO THEY DO?

Regardless of diligent planning, our best intentions too often get derailed by the pressing priorities of the day. This challenge compounds inside individual teams and work groups. Team Turn-Around Talks inspire and challenge team members to present fresh ideas. They address core issues head-on and offer efficiency and energy-improving insights that work. The upbeat, focused atmosphere enhances productive interaction to help team members clarify, unite and refocus direction. Informed, united effort combined with redefined purpose and progress sets the stage for each member to step up with voluntary participation. Consistent voluntary follow through is essential, and generates convincing turnaround results.

WHY ARE THEY OFFERED?

Workplace efficiency and employee motivation are key concerns in our changing economic and social climate, yet with the faster pace of the workplace, designating adequate time to equip and train has become an even greater challenge. From CEO's to HR specialists to other employees, all desire to deliver their best by finding smarter, more efficient systems to succeed and make their hard-fought team and individual efforts count. These super-charged 50-minute sessions get right to the heart of what each employee and employer is seeking—a higher effort to success ratio, cohesive effectiveness and shared accountability.

HOW CAN WE GET THE BEST RESULTS?

At each session, readiness of each and all team members is key, as well as management's direction and support. Scheduling several successive sessions retains inspired momentum and solidifies results.

WHEN ARE THEY OFFERED?

Peak workshop season begins in September. Eager and committed teams will be given first priority for special scheduling.

HOW DO I SIGN UP?

Session availability is limited. Call 303-234-9482 or send an email to Rachel@stresserciseforlife.com to reserve your session.

**Remember, steady challenges invigorate, continued challenges paralyze, and constant challenges crush.
Act on this offering today and present a refreshing boost to keep those challenges invigorating and morale high.**

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