

# Stop the NOISE:

Get Rid of the Static & Tune into Life

Training | Keynote



Attitude



Team Building

STOP. LISTEN. What do you hear? At work you might hear phones ringing, people talking or machines running. At home you may hear parents and children laughing, a baby crying or sounds from the television or stereo system. But wait, there's more noise! Similar to when you listen to the radio, tune out the static and tune into yourself. Listen to the messages being played and replayed in your mind. Some of the messages are stimulating and encouraging, while others may be stifling and discouraging. In this program, we will teach you how to channel the power within to create the results you desire and give you peace of mind.

## Objectives

After participating in this program, you will be able to:

- Sort out the noise and describe what's really on your mind
- Identify the three most destructive or limiting noises.
- Face what is holding you back from reaching your potential and goals
- Use strategies to seek comfort with change
- Take action to develop confidence and enjoy a peace of mind

## Format

This interactive program uses experiential learning techniques such as a self-assessment, real-life situations, large and small group discussions.

## Ideal Size

**Keynote:** No limit

**Training:** Up to 36 people

## Length

**Keynote:** 30-90 minutes

**Training:** 3-8 hours

## Agenda

- Describe and evaluate some of your current concerns or worries
- 3 most destructive or limiting NOISES: Doubt, Fear and Hate
- Identify examples of current changes happening in your life
- Recognize your 3 choices to seek comfort with change
- Learn how to put a L.I.D. on what is holding you back
- Action planning to regain a positive attitude and take control of your life!

## Target Audience

Appropriate for people of all ages...from teenagers to seniors; with any occupation...from customer service to management; and in any industry...such as retail, hospitality, service, health care, and manufacturing.

## Typical Uses

Employee and management development, seminars and workshops, project management, and new employee orientation

## Material Options

**Regular:** Handouts and miscellaneous supplies at \$3 per person