



Practical skills to nurture change, growth and prosperity

Lee Ann Szelog

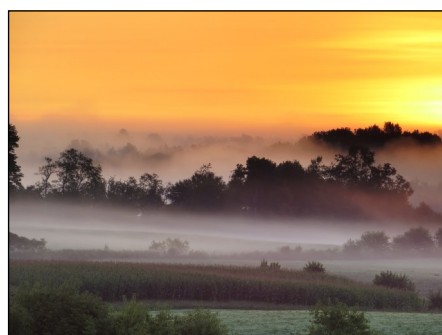
www.simplyputllc.com

207-549-5151

lee@simplyputllc.com

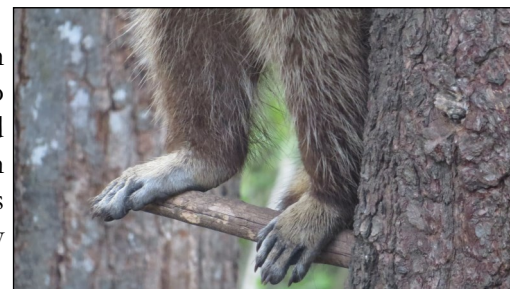
Lee Ann Szelog's most popular presentations

The Difference You Make: Each of us has the power to positively impact those around us and truly make a difference. In truth, most individuals give so much of themselves, their talents and their resources to clients and coworkers that there is very little energy left to share with family and friends. By focusing on the difference you make on a consistent basis with everyone you encounter, you can fuel your own energy, maintain momentum, and enhance communication and relationships. In this session, you will discover the opportunities that exist to take control of your life, renew your energy and positively influence all the people you encounter at work, at home and beyond. The result is greater self satisfaction and living a more fulfilling and purposeful life. When you give so freely of yourself to others, you should be able to enjoy life to the fullest extent possible!



Are You Ready? What do you do to get ready for work each day? What do you do to get ready for life every day? This powerful presentation provides a fun, refreshing and interactive look at “getting ready” for work and life, and provides tools and techniques to ensure you are ready to communicate positively, adapt productively and persevere resiliently. At the conclusion of this program you will have the insight and inspiration to reach a new level of determination and success, allowing you to enhance relationships and maximize potential, positively contributing to your overall happiness..... simply by being ready at all time.

Yippee, it's a New Day!® You will learn how to embrace each new day with positive energy before your feet hit the floor in the morning, contributing to enhanced productivity, efficiencies, communication, and your overall success and happiness. In today's competitive environment, everyone is expected to do more with less, but in this day and age, that can be more challenging than ever. The great news is that with the proper focus, perspective, tools and skills, you can consistently maintain both a positive and productive attitude and behavior.



Happy Hour: This is not your ordinary Happy Hour; it's better! This Happy Hour will help you discover and maintain a healthy, positive and productive outlook, renew your spirit and provide tips to sustain momentum and motivation. You will rediscover your happiness, enhancing your overall quality of life and we will have loads of fun!

Continued on page 2



Managing Time So It Doesn't Manage You!

- Have you ever looked at your growing to-do list and felt overwhelmed because you didn't know where or how to get started?
- Have you ever gotten to the end of a busy day and realized that you weren't very productive and only accomplished a fraction of what you had hoped to do?
- Do you sometimes feel like you have too much to do and not enough time to do it all?
- Are you putting important things, like family and personal pursuits, on hold because there's too much work to be done?
- Do you waste too much time each day getting distracted with low priority busywork or diversions like checking your email or surfing the web?
- Do you have too many competing priorities pulling you in different directions leaving you feeling tired and stressed?

If you answered YES to any of these questions, this program is for you!

This program will help you learn how to focus on priorities and learn techniques to manage your time and energy in the manner that's most meaningful to you and to help contribute to the success to which you aspire. The skills and tips gained can be applied, personally and professionally, providing you the opportunity to enrich the overall quality of your life.

Regardless of where you are on the continuum of professional development, this program will impart valuable concepts to help you manage your energy, thereby controlling your stress.

A Balancing Act: Learn how having the right attitude and taking responsibility can contribute to better balance in your life and increased happiness, wellness and prosperity. With some easy-to-use tools and concepts you will discover how to enrich the quality of life, both personally and professionally by finding balance in your life.



Balancing High Tech with High Touch: The art and power of the human spirit is more important than ever to leverage and maximize investments in technology, marketing and people. It requires balancing people with technology and high tech with high touch to maximize growth, productivity, quality and profit. With technology overwhelming our senses, human relations is becoming a dying art. However, as humans we still crave interaction with people and an emotional connection that makes us feel valued.

This program helps participants understand how much influence they have on others (customers, patients, clients, co-workers, community members, family, and friends) through the way they communicate. Participants realize the powerful and positive impact they can have on everyone with whom they come into contact, resulting in higher levels of customer service, more success with sales, enhanced problem-solver skills, and the ability to nurture better relationships with co-workers – as well as family and friends.