



## Topics and Titles

**Resilience Mastery through improved communication, focus on service, stress management, life balance, critical thinking and management skills.**

We offer keynotes and in-house corporate training programs on Resilience topics. These are sample titles and topics, as every client is different and we customize for your needs. (scroll down for more complete descriptions)

- **Make Better Decisions Faster**
- **Write Better Speeches Faster**
- **Harness Stress & Get out of Overwhelm**
- **Create a More Resilient Workforce in Changing Times**
- **Wellness and Balance in an Insane World**

**Your business thrives when your employees are resilient.**

**Some Ideas for You** – we can work with you to create programs that fit your challenges

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### **Make Better Decisions Faster**

Recent research from psychologists and therapists indicate their largest group of patients is coming from Millennials who are struggling to make good decisions. This is so prevalent that Apps are being created so they can outsource this troubling task.

We just saw the net result of that in Phoenix when a young Barista at a famous coffee place kicked several Police Officers out of the establishment because one person complained they made her uncomfortable. Without her handy App to help decide what course of action to take, the Barista chose poorly. The resulting PR mess still reverberates within our community and across social media.

Why leave this to chance? Why not find ways to support your younger team members in finding better ways to make good decisions? This critical thinking program not only takes them through some excellent questions to ask in each situation, it provides checklists and options for different types of decisions.

Accompanying this program is a Kindle version or PDF of my booklet called Thinking About Thinking. Program also available as a webinar.

**Meetings • Conventions • Conferences • Workshops**

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## **Write Better Speeches Faster**

So you have to give a speech? Or do you have a sales team who make regular presentations? Are you hearing back less than complimentary reports?

Have you just been assigned to give a talk at your company meeting? Maybe you've just been told you have to give a presentation to a client in five days.

Or worse, your boss has put you in charge of a client presentation or made you the MC at a company event. Now that familiar knot begins to grow in your stomach, and suddenly you feel like a boulder is crushing your chest.

Where do you start? What do you say? How do you write an effective speech? Really what you're asking is, "How do I not screw it up?" Do you turn to the Internet and type "How to write a speech"?

I just ran that search and was I shocked! 1.17 Billion hits! When I looked at all the choices and read some of the advice, I realized that everyone wants to make this difficult. It's not difficult. It's a matter of having a system and a checklist, and the will to pull it together. I can help. I can teach you and/or your team how to pull together amazing presentations with less hassle, less stress, and more effective results. Call me. This can be one-on-one, in a webinar format, or in a small group.

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## **Finding Resilience, Harnessing Stress**

The more I travel the world, the more I realize everyone is stressed to capacity. I keep providing this program as a public service. We need to stay on top of our stress, or suffer the negative effects both personally and corporately.

This program deals with the very real effects of stress on our ability to think and act clearly at work and at home. When you and your team understand the Physiological and Psychological consequences of unmanaged stress, you all will be motivated to take measures necessary to improve your health. Healthy employees work better, are easier to motivate, and produce results more quickly.

I don't pass out pious platitudes. You know me well enough to know this presentation is packed with practical, do-able, easy-to-remember tools. Your people will walk out of this session refreshed and ready to take on the world.



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### **Get Out of Overwhelm and Optimize Your Resources**

**Our** most requested topic, this lively and humorous program is perfect for conferences, meetings, and mealtime talks. With a light-hearted, “THAT’S ME!” approach to our common self-imposed stressors, Beth helps your audiences laugh their way back to health and sanity. She identifies five common ways we get ourselves into overwhelm, and offers three solid tools to get ourselves out.

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### **Creating A Resilient Workforce in Changing Times**

There are seven predictable and manageable keys to creating a resilient team. Employ these and lift your team to a more productive level.

Once you recognize those seven keys, you can use tools like the Change Curve™ to help your teams understand and act on next steps to manage change effectively. We all need information and tools to survive the rapid pace of change in our business and personal lives. This program provides you and your teams with the Four Non-negotiable Truths About Change; a handy Change path to watch their progress; and Five Practical Tools to Master the Change Process. As always, this program may be personalized for your organization to respond to your current and future challenges.

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### **Wellness and Balance in an Insane World**

Being out of balance and in overwhelm creates havoc in all aspects of life: mental, emotional, physical and spiritual. Overwhelm and stress damage our immune systems, make us more susceptible to illness and – more importantly – these states of mind age us! Join us for a wonderful program on Conquering Overwhelm to gain some practical and usable tools that will help you balance your life at work, at home and at play. Find a way to make the small changes that lead to a more satisfying life experience. Come stressed, leave happy!



**Celebrating 30 years in business, Beth Terry, CSP,** is a Professional. She will work with you to find the right program and is able to work with the attendees where they are in the moment. Beth will learn about you. She'll do all she can to connect with your teams and your audiences. She'll leave a lasting impression and will help you make your teams more successful. If you need coaching or one on one support, she can provide that as well. Call her today and get on her calendar

- [Speaker Coaching, Speech Writing](#) - -Don't forget Beth also has group and Individualized sessions

**To Plan your Meeting go to the [Press Kit](#) and download the handy Event Questionnaire.** Please contact us for Industry Specific Topics and Titles. Beth has worked extensively in the **Visitor and Meetings Industry** and can provide you with a list of programs that address those challenges.

### **Bonus - Beth can also give presentations from her books:**

#### **Problem Solving Tools found in Beth's Book "Thinking About Thinking"**

Critical Thinking is not taught enough in our schools. It's a vital skill necessary to navigate an increasingly complex world. This one hour program reviews the Critical Thinking Checklist and helps attendees use the questions to make better decisions, better life choices, and make sense of a world flooded with agenda-driven media. This program is based upon my mini book, [Thinking About Thinking](#) . Copies of the book may be obtained at bulk price for your attendees.



#### **They didn't teach you THIS in Business School! Another of Beth's best selling mini-books**

Presentation or Breakout Session based upon chapters from Beth's newest book, ["27 Secrets of Management Success: A Practical Guide to "obvious" and often forgotten principles."](#) The book covers interviewing, hiring, communicating, delegation, motivation, day-to-day personnel management, personnel reviews and termination. Bulk prices are available for your attendees.



**Beth Terry, CSP,** is available for Keynotes, Workshops, Private Coaching, and Retreats. All programs are personalized for your group. Many clients ask Beth to come in early to participate in the convention and meeting proceedings so she can integrate her presentations with the rest of your program. Ask her about doing more than one program for your convention and save on speaking fees. With her background in Management and Sales, Beth has been a highly sought-after speaker around the world. Her common-sense and practical approach reflects her Midwestern Sensibilities to helping people make sense of their lives and their work.

