



# Attitude Builders

Raising People and Performance to the Next Level

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## Managers, Leaders, and Training Directors

**Want to know how to raise the performance of your staff to higher levels of productivity?** Here's a hint...it's not about managing time, it's about managing energy. I've been doing surveys throughout 2006 and found many similarities of the working professional. First of all, most of them feel overworked, overwhelmed, have a hard time saying "no" and to make matters worse, most of them say they are extremely hard on themselves.

**If you want to motivate your team, you have to engage** them and teach them how to become problem solvers...how to make more conscious choices both at work and at home.

**The Attitude Builders workshop is a four part facilitated program** with the following agenda. The workshop is available as a series of customized workplace tele-seminar, a full day workshop, two half day workshops, or four 90 minute lunch and learn sessions.

### Part I Relationship with Self

There are basically five ways we betray ourselves. In order to become a better team member, a better citizen or a better friend one must first learn to be true to oneself.

### Part II Relationship with Others

Discover two reasons relationships get out of harmony. Then learn about the four patterns on the Karpman Drama Triangle and how these patterns affect our workplace and personal relationships. Learn how to use a decision-making grid to gain clarity and distinguish fact from fiction.

### Part III Prosperity Blockers

This section shows you how to identify and "plug the leak" so that your productivity and prosperity can soar. Adapted from the OZ principle, this model reinforces the concept of taking responsibility and becoming a more conscious communicator.

### Part IV Reclaiming the Power to Create

It is possible to bring back the joy and productivity back to work and create meaningful relationships at home. This session is a reminder of how to reclaim the power of commitment to creating a career and a life of purpose.

Call now to schedule a workshop or tele-seminar.  
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## Interesting Facts

Every human being is an "energy system" that attracts either positive or negative energy.

If you are experiencing negative energy, your health, well-being and productivity will suffer.

Your attitude affects our health. You can't just pretend everything is OK when it really isn't.

According to the Journal of the Advancement of Medicine, even a five-minute episode of recalling an angry experience can suppress the immune system for as much as six hours.

The American Journal of Cardiology reports that positive emotions increase chances for a healthy heart. Feelings of appreciation can create smooth cardiovascular rhythms and a healthier nervous system.