

Feature Article

Life is just so.....daily"

By Willa Decker

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Stress has become such a common denominator in our world today that often times we don't even think we could live a life free from it's harmful effects.

Have you ever gotten to your office and just hoped or prayed that you'd have a day you could handle?

Maybe "no stress" seemed too extreme of a request -- or rather too absurd so you were content to just hope for a day in which you could solve the ever present problems and nobody would discover that you were not so cool, calm and collected as you hoped you appeared.

Let's face it. Life happens every day whether we want it to or not and in that "happening" things come across our paths that provide bumps in the road. One way to ensure that the bumps don't become sink holes is to handle your day with humor.

The kind of humor I'm talking about is not along the lines of a Jay Leno but more of a "how does my perspective on what is happening lighten the mood of myself and others?"

For some of us it is easy to help others out of their desperate outlooks but we find it difficult to turn the humor on our own experiences.



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I think the best tip I can give as you I and wake up to the possibilities and challenges of a new day is, "we have very few really good or really bad days."

Most of our days are average - ordinary. Try sprinkling a dash of humor (at yourself) to change your ordinary day into an extraordinary one.

.....

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WILLA DECKER

HEALTH & WELLNESS

What's Wrong with Ordinary?

Have you ever considered the fact that overall you don't have that may really good days? But conversely you also don't have that many bad days. Let's face it, most of your days are ordinary and the secret to life is learning how to live the ordinary days in *extraordinary* ways.



People are talking about Willa....

"You willingly reached into your well of goodness and gave each of us a part of yourself. Your evaluations were a 9.4: a win-win for everyone. On behalf of The Sealy Center on Aging at UTMB, the staff at the Camp Allen and The Episcopal Health Charities, we deeply appreciate the vital role you played in making the fourth annual Abundant Aging event such a great success."

Helen A. Visiting Scholar, UTMB

ABOUT WILLA DECKER:

Willa Decker conducts seminars and workshops on Stress Management, Team Building, Humor and Nutrition. Willa's medical background as a nurse, combined with her humorous delivery, assures that every presentation is both enjoyable and effective. Her presentations focus on life's total health: physical, emotional and spiritual.

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WAYNE SPRINGER

LEADERSHIP

Inclusive Leadership Tip

“Only the control-freaks will survive.” Leaders need to continually follow-up to insure that the company’s mission-statement is being accomplished the way it’s supposed to be.



People are talking about Wayne....

“Excellent presentation! 100% interesting and applicable to our business. It makes me think in retrospect, when I’ve rated other speakers as a “10” they are indeed overrated.”

Maggie Donekas, Med Line School of Medical Transcription

ABOUT WAYNE SPRINGER:

When you need a keynote or breakout session speaker on the topics of Leadership, Technology, or Entrepreneurship then you'll want Wayne Springer. As a business entrepreneur and CEO of a top Houston company, Wayne speaks from first-hand experiences. Wayne delivers business ideas with humor, memorable stories and a focus on taking action.

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PEGGY MORROW, CSP

CUSTOMER SERVICE

Join the "Club"

In order to improve customer service, start a "Top Gun" club or something similar where employees who are exceptional in serving customers get invited to join the club. It will drive improved performance from all your employees who want to be part of this select group.



People are talking about Peggy....

"Our goal to create 'Raving Fans' is on a much clearer path, thanks to your work with the Sales and Marketing group. Thanks for your efforts and clear direction."

Bubba Levy, Houston Texans NFL Football

ABOUT PEGGY MORROW:

For over 25 years Peggy has been in demand as one of the top customer service loyalty, teambuilding and communication skills speakers. She has developed comprehensive external and internal customer service and team building programs for a variety of clients both large and small. Peggy is author of four books on customer service, customer loyalty, teams and communications skills.

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SUE PISTONE

ORGANIZATION

Changing Habits

Did you know that it takes approximately 21 days to create a new habit?

If I were to go into your office today and move your trash to the opposite side of your desk, where do you think you are going to keep throwing your trash? That's right! You would continue throwing your trash right where your trash can used to be. That is until your new habit is formed.



So remember to be patient with yourself, as you are creating your new habits and remember the benefits of why you are changing.



People are talking about Sue....

"Sue has the remarkable ability to inspire and motivate her clients to get the most out of their talents."

Oscar Gutierrez, CPA, Independent Agent, World Financial Group

ABOUT SUE PISTONE:

Sue is an expert at eliminating the daily disorganization that often keeps individuals and companies from achieving the success they deserve. After working with Sue, you will be able to say, "I am an organized and do it now person!" With 30 years experience in the sales industry Sue is known as a merited speaker and consultant to diversified companies and individuals.

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DONNA FISHER, CSP

NETWORKING

Create Additional Value

Networking is a form of recycling:

- Passing along information that can still be useful to someone else.
- Creating additional value out of some thing that has already been useful to you.
- Honoring the world around you rather than just being focused on self.
- Gathering information for your network rather than just for you.



Giving up a “throw-away” mentality and developing a “creating additional value” mentality”.



People are talking about Donna....

“Your keynote presentation was a perfect message for our audience. You gave them some excellent recommendations, lots of helpful tips and very useful information to help them sharpen up professionally and personally. They learned, enjoyed and appreciated.”

L. Landry, University of Texas Medical Branch

ABOUT DONNA FISHER:

Donna Fisher, CSP, is a marketing consultant, best-selling author on networking and expert how people can best communicate and connect with one another to create opportunities. Her programs are ideal for people who want to increase their business by mastering their people skills and building strong alliances with others.

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TOM BRITTON

SALES & MARKETING

Don't Just Satisfy!

Satisfy your customer? Hmm. It's hardly the way to out-shine your competition these days.

If a customer gives me \$1 and I give them \$1...they are probably satisfied.

However, if a customer gives me a dollar and I give them \$1.50 they will most likely be *delighted*. It need not cost you more. Many times increased value can be simply a matter of perception.



People are talking about Tom...

"Wow! Tom was just what our convention needed."

Texas Association of Independent Insurance Agents

ABOUT TOM BRITTON:

Keynote Speaker, Author and former bank CEO with the Magic Touch . When your people need to re-connect, get motivated ...or just simply get their own magic back... Tom Britton will provide some profitable results for your group! Did we mention that Tom is also an award-winning magician?

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TERESA BEHENNA

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Ego!

Ego gets in the way of change by refusing to accept new ideas.

For many people it's an admittance of being wrong.

Releasing this fear opens up endless possibilities to progress and thrive.



People are talking about Theresa...

"Thank you for helping to make our conference an overwhelming success! We all left your presentation not only uplifted but reminded how our words are very powerful and can truly hurt or help a situation. You are one vivacious and entertaining Aussie!"

Edna Hurley, Education Service Center Region VI

ABOUT THERESA BEHENNA:

This entertaining motivational speaker/pianist and recording artist, specializes in kicking off or closing conferences and meetings. Her piano skills and message dazzle audiences everywhere and guarantee a truly unique program. Theresa is an internationally acclaimed entertainer having appeared in some of the world's most prestigious venues, including the Winter Olympics in Turin, Italy.

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