

Feature Article

Take a Break to Re-Energize

By Donna Fisher

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It's okay to take a break because taking a break can give you: renewed energy, new perspective, new focus, renewed appreciation and hopefully, a greater sense of authenticity and well-being.

Where in your life have you been "on a break"? Where in your life do you need to "take a break"?

Ideas for taking a break:

- Take a break from answering the phone for a day (or an hour, or afternoon).
- Take a break for a 15-minute yoga stretch.
- Take a break from email and let your spam filter do it's job.
- Take a break from explaining yourself or defending yourself.
- Take a break from worrying about what other's think.
- Take a break from working so hard and treat yourself (ice cream, chocolate, golf outing, spa day, etc.).
- Take a break from life and play the drums.
- Take a break from sitting on the couch and dance around the room.
- Take a break from "networking" and just enjoy being with people.

So **TAKE A BREAK** this week to get renewed. Then reconnect with people after taking a break. Whether the "break" was intentional, planned or just at some moment you noticed you'd been on a break, you can reconnect and move forward with renewed energy and focus.



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DONNA FISHER, CSP

NETWORKING

Care to Connect?

The heart of networking is connecting with people and caring.

- ♥ Care enough to listen to what others are saying and find out what's happening in their lives.
- ♥ Care enough to interact with respect and dignity no matter who you are talking with.
- ♥ Care enough to be real with people - which means being authentic about how you can be of help.
- ♥ Care enough to want to contribute to the success of others.
- ♥ Care enough to be gracious and assertive in all situations.
- ♥ Care enough to think before your speak knowing that your words can hurt or heal, lift up or tear down, be constructive or destructive.



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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THERESA BEHENNA

CHANGE

Change Your Tune

Music can be used as a powerful tool to influence people to change their thinking.

It breaks down barriers of diverse cultures, age and social status and opens up our subconscious minds to accept new ideas.



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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WAYNE SPRINGER

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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.



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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WILLA DECKER

HEALTH & WELLNESS

What's So Funny?

Ever wonder why we all don't laugh at the same thing? Are we really all that different? Is it true some of us don't have a healthy sense of humor?

In reality there are 2 types of humor---compassionate and caustic. One heals and lifts peoples' spirits and the other has the ability to offend.



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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TOM BRITTON

SALES & MARKETING

Head or Heart?

WHAT do they want...and WHY do they want it?

What does your customer want? They will usually tell you up front.

However, seldom will they tell you up front WHY they want it. There is only one way to find out.

Engage them in conversation and listen. Let your customer do most of the talking.

Listen.

Ten percent of their buying decision is usually made in the head (what they want.) However ninety percent of the reason they will buy comes from their heart (why they want it.)

ABOUT TOM BRITTON:

Keynote Speaker, Author and former bank CEO with the Magic Touch . When your people need to re-connect, get motivated about selling and changing...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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PEGGY MORROW, CSP

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I Caught You!

Create a "Caught Caring" award. Encourage your employees to catch each other in acts of caring--doing something above & beyond the normal scope of their job duties for either internal or external customers.



Have them report it to a manager who will post them in the break room or in the employee newsletter. Reward everyone with some small gift like a discount coupon or small gift card.

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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Where is Your Information Book?

Often it is time consuming to get into the correct program in your computer or to pull a file. An information book is a three ring binder with pages in it that contain any pertinent information and/or instructions that you need at your finger tips for quick reference.



It also contains information on how to run your office which can be a useful tool if you are out for the day. For example, if a temporary had to fill in for a position, they would be able to read through the information book and know what is important to you and how to run the office.

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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