



SIGNATURE PRESENTATION

WHY NOT ENJOY THE PROCESS?

– Stress Management –

We spend most of our waking hours at our place of employment and much of our leisure time thinking about it. We can let the stress, fast pace and challenges control our emotions, or we can lighten up, have fun and enjoy the process. It's always a matter of choice!

Steve Rizzo will reveal how to manage the everyday pressures that can stifle productivity and creativity in the workplace.



IN THIS PROGRAM, STEVE WILL SHOW YOUR GROUP HOW TO...

- **Enjoy the Process** regardless of their circumstances
- **Find the Laughter** in between and during the tough times
- **See the Brighter Alternative** to a potentially negative situation
- **SHIFT** their way of thinking to eliminate stress

This program can be customized according to your group's theme and needs.

WHAT CLIENTS SAY

"Thank you for the outstanding speech you gave at our recent Sales Intensity event. You brought the crowd back from the dead and had them screaming for more. Your humor was hilarious, and your message on managing stress hit home. How's that for the letter H in one sentence? You are one of the Best Speakers we have seen!"

DAVID FRIEDBERG, DIRECTOR OF MARKETING, MARRIOTT HOTELS, NEW YORK