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"Who's in Control??"

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A Tip from Wayne Springer
"Attention to Details"

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Feature Article

Ingredients For Life

by Willa Decker

"Take 2 aspirins and call me in the morning". That classic line was used to describe the average doctor's guide to good health circa 1950. We've come a long way since then, haven't we? Today with all the stress, worries about the economy, safety of our kids, etc, we need something stronger than aspirin to get us through life. Three key ingredients for an extraordinary life are: health, hope and humor.



Health is easier than we think. We have no excuse for not eating healthy and getting proper exercise. Not only do we now know how nutrition affects our hearts, but also how certain foods can actually boost our memory and slow down or eradicate dementia as we age. Are you working on developing a healthy lifestyle?

Our mental state is critical to our overall well-being. Hope is a powerful attribute that is within our grasp every day. We have the power to choose every minute of every day . Choose hope over despair. Choose hope over worry. Choose hope over fear. Hope enables us to actively work towards helpful and healthy opportunities. Hope carries us through challenging times and provides the incentive to keep going despite the negative outward circumstances we may find ourselves in.

And then there is humor. Laughter really can be the best medicine. Seeing the humor in every day events,

...Willa's Article continued on page 2...

[BACK TO PAGE 1](#)

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[Click Here](#)

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...Willa's Article... continued from page 1

keeps the health and hope factors vibrant and strong in us. Even as little as one good belly laugh a day sends blood pressure down and raises those natural "high" endorphins flooding through our bodies. Taking oneself lightly is a huge step in this process. Seeing life from the perspective of a light heart makes all the difference in our outlook, our attitude and thereby paves the way for hope to fill our minds and hearts.

With humor and hope I can cope! Try it today for yourself. You'll be surprised at how different things will look. Go ahead and try it. What have you got to lose?...except maybe your depression and pessimism!

.....

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[Click Here](#)

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[Click Here](#)

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[Click Here](#)

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[Click Here](#)

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[Click Here](#)

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"I've Been Lying to You"

[Click Here](#)

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[BACK TO PAGE 1](#)

WILLA DECKER

HEALTH & WELLNESS

Who's in Control?

The first step in regaining your life is to tell yourself, "I'm taking my life back"



People are talking about Willa....

"I cannot even begin to thank you enough for the motivating and inspiring presentation at the Texas Nurse Practitioner Foundation Valentine Gala. The crowd was about 50% "civilian" and EVERYBODY raved about you the entire evening (of course, we knew they would!). You have a special gift of knowing what to say to make us all feel better about ourselves and life in general."

Terry D., Texas Nurse Practitioner Foundation

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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[Click Here](#)

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[Click Here](#)

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[Click Here](#)

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[Click Here](#)

Sue Pistone
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 "I've Been Lying to You"
[Click Here](#)

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[BACK TO PAGE 1](#)

WAYNE SPRINGER

LEADERSHIP

Attention to Detail

Leaders by their very nature tend to be generalists. They tend to look at the big picture. They look to the horizon. They have visions and dreams.



This great strength can also be a leader's greatest weakness. The devil is always in the details.

If the leader is not going to be paying attention to the details, he or she needs to be sure that someone is.



People are talking about Wayne....

"Wayne was just fantastic! This is very valuable information to me and I can start using this knowledge next week to make money!"

Mike Marchev, Marchev Seminars Corp.

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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[Click Here](#)

Wayne Springer
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"Bail Out 101"

[Click Here](#)

Theresa Behenna
CHANGE



A Tip from Donna Fisher
"Need a Sale?"

[Click Here](#)

Donna Fisher, CSP
NETWORKING



A Tip from Peggy Morrow
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[Click Here](#)

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CUSTOMER SERVICE



A Tip from Sue Pistone
"Planning Vacations"

[Click Here](#)

Sue Pistone
ORGANIZATION



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[Click Here](#)

Tom Britton
SALES & MARKETING

[BACK TO PAGE 1](#)

TERESA BEHENNA

CHANGE

Bail Out 101

If you're having a tough time in this economy remember to check your attitude. The more you focus on depressing news the more depressed you'll become. Don't forget it's always darkest before the dawn but the dawn ALWAYS comes.

Rent an inspiring movie like 'Sea Biscuit' and see the silver lining that comes with hope.



People are talking about Theresa...

"Your presentation was wonderful! Your humor is delightful, your music magnificent and your message is profound! Thank you for a special treat."
Presidents' Council of Houston Area Hospital Auxiliaries

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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[Click Here](#)

Wayne Springer
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[Click Here](#)

Theresa Behenna
CHANGE



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"Need a Sale?"

[Click Here](#)

Donna Fisher, CSP
NETWORKING



A Tip from Peggy Morrow
"Do Simple Things Well"

[Click Here](#)

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CUSTOMER SERVICE



A Tip from Sue Pistone
"Planning Vacations"

[Click Here](#)

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ORGANIZATION



A Tip from Tom Britton
"I've Been Lying to You"

[Click Here](#)

Tom Britton
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[BACK TO PAGE 1](#)

DONNA FISHER, CSP

NETWORKING

Need a Sale?

It's the nature of a sales person to look for the next sale. And yet, it's important to focus on selling to satisfy a need, not because you need a sale.

Find out what people need, want or desire. Then either sell them a product/service that satisfies that desire or refer them to someone in your network.



People are talking about Donna....

"I am still getting phone calls about your program. Thank you so much for making our first program of the year such a success!"

Linda Waldman, Association of Volunteer Administrators

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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[Click Here](#)

Willa Decker
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A Tip from Wayne Springer
"Attention to Details"

[Click Here](#)

Wayne Springer
LEADERSHIP



A Tip from Theresa Behenna
"Bail Out 101"

[Click Here](#)

Theresa Behenna
CHANGE



A Tip from Donna Fisher
"Need a Sale?"

[Click Here](#)

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NETWORKING



A Tip from Peggy Morrow
"Do Simple Things Well"

[Click Here](#)

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A Tip from Sue Pistone
"Planning Vacations"

[Click Here](#)

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A Tip from Tom Britton
"I've Been Lying to You"

[Click Here](#)

Tom Britton
SALES & MARKETING

[BACK TO PAGE 1](#)

PEGGY MORROW, CSP

CUSTOMER SERVICE

Do Simple Things Well

To ensure customer loyalty, remember to focus on the simple and unexpected things done well. For example, call every new customer and thank them for their business.



People are talking about Peggy....

"Thank you for creating and delivering the "Outrageous Service" training program for our Member Cities. The interviews and background research that you conducted in preparation of the training program were quite unique. Audience response was outstanding."

Brian Jackson, Oklahoma Municipal Power Authority

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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[Click Here](#)

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[Click Here](#)

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"Planning Vacations"

[Click Here](#)

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A Tip from Tom Britton
"I've Been Lying to You"

[Click Here](#)

Tom Britton
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[BACK TO PAGE 1](#)

SUE PISTONE

ORGANIZATION

Planning Vacations

Every year plan your vacation, three day weekends and time off first. Chances are if you don't they won't happen.

We tend to fill all of our days with work and the question is: Are you living to work or working to live?



People are talking about Sue....

"You are the BEST! Without you I have no doubt I would not be as successful as I have been. You have helped me: focus, improve on communicating with my employees, break down projects into manageable steps, set goals and ACHIEVE them, and restructure workflow."

Kayren Owen-Ryland, Chief Operations Officer, Investar Bank

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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A Tip from Wayne Springer
"Attention to Details"

[Click Here](#)

Wayne Springer
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A Tip from Theresa Behenna
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[Click Here](#)

Theresa Behenna
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A Tip from Donna Fisher
"Need a Sale?"

[Click Here](#)

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A Tip from Peggy Morrow
"Do Simple Things Well"

[Click Here](#)

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A Tip from Sue Pistone
"Planning Vacations"

[Click Here](#)

Sue Pistone
ORGANIZATION



A Tip from Tom Britton
"I've Been Lying to You"

[Click Here](#)

Tom Britton
SALES & MARKETING

[BACK TO PAGE 1](#)

TOM BRITTON

SALES & MARKETING

I've Been Lying to You

Never ever say to a customer,
"To be honest with you..."

When you tell them that,
you are in effect saying that
everything else you have told
them up to that point has not
been entirely true.

Instead try saying, "In my
professional opinion...."



People are talking about Tom...

"Tom spoke at 6 of our conferences and made me a hero because I recommended him."

Joe Gill, American Gas Association

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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