



Simply Put, LLC

Practical skills for a more purposeful life at work and home

Tune up your attitude.....tune up your life! **Creating a positive atmosphere at home and at work**

Target audience:

- Employees at all levels
- Managers who want to be more effective and productive
- Anyone who wants to enhance the quality of their life

Objectives:

1. Gain inspiration and tools to help you and your employees regain and maintain a healthy, positive, and productive attitude and energy level.
2. Reinforce and reenergize yourself and your team.
3. Reinforce pride and self satisfaction in the workplace.

Program Description:

An attitude contributes to success or it contributes to misery. It's up to each of us to decide what type of attitude we have every day and the type of behavior we exhibit. In this day and age, it is more challenging than ever to maintain a positive, productive and healthy attitude and behavior. The great news is that maintaining a positive attitude and productive behavior can be achieved, regardless of circumstances. If you want to help lift up your spirits and those around you at home or at work, improve mental wellness, and have some fun, this program is for you and your audience! The current state of the economy impacts every one of us, directly or indirectly. Although your company may not have experienced layoffs, individuals are experiencing pain, frustration, and change as a result of the rampant negativity about the economy and because everyone either lives with or knows someone who has been negatively impacted. This negativity can impact productivity, wellness, and service quality to name a few. During these times, employers and employees are expected to do more with less; therefore it is more important than ever to ensure employees maintain a positive and productive state of mind. By tuning up your attitude, you can tune up those around you because we all know positive attitudes are contagious!

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