

Carol Price
“Professionally Speaking”

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A Different Kind of Speaker
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Program Title		“Commitments for a Peak Performance”	
Hours	3 - 5	Presentation Format:	Microsoft PowerPoint
Course Description		A program that centers on 5 specific lessons that ensure growth and build self-esteem in any situation. By committing to make specific decisions and promises to yourself about your behavior, your future and your accountability, you will have the power to change your destiny.	
Highlights		<p>The lessons that must be mastered will continue to halt your success until you accept them. The simple lessons are:</p> <p>Bullies look for victims Fake it and you will MAKE it “Yes I Can”, holds special powers It’s all done in increments Get Their NAME</p>	
Special Points		<p>Participants will:</p> <ul style="list-style-type: none"> • Learn the difference among Self-Esteem, Self-Respect and Self-Image • Recognize the essence of failure, and how to recover and build from it • Learn the 4 Commitments that can make you happy, safe and productive • Discover how setting boundaries reinforces self-respect • Resist the Peak Performance “killers” – regret, restraint and repeats 	