



## CHANGE YOUR **ATTITUDE**, CHANGE YOUR **LIFE**

HOW TO CREATE A POWERFUL AND POSITIVE TRANSFORMATION

**Attitude – they say – is EVERYTHING.** There’s a lot of truth to that. Formed by our thought patterns, perceptions, and emotions--attitudes affect how we relate to the people in our lives. Family. Friends. Colleagues. Customers. EVERYONE. So, making sure your attitude is healthy, happy and positive is the very foundation for a better life. This interactive and insightful keynote provides you with the tools and strategies to get in touch with various aspects of your inner self – the one’s that matter the most. By applying these transformational techniques, you can change your attitude and change your life.

### **LEARNING OBJECTIVES**

**In this dynamic, interactive presentation you'll learn how to:**

- Recognize and change incapacitating, negative self-talk
- Recognize healthy and HELPFUL emotions vs. draining and DEBILITATING ones
- Keep negative perceptions and emotions in check
- Use “charitable attributions” to release unnecessary judgments
- Set self-communication goals
- Control excessive worry
- Inspire self-confidence and creativity
- Accelerate your performance through affirmation and visualization
- Master methods to create healthy, happy self-esteem

**We’re given one life.** It’s up to us to make the absolute most of it. Interpersonal relationship expert Dr. Susanne Gaddis, passionately shares strategies and mindsets that encourage individuals to transform the way they think and live. Invite her to speak for your organization today.

**Motivational Keynote Speaker and CEO of The Communications Doctor, DR. SUSANNE GADDIS, PHD, CSP, CEO** is an internationally-known interpersonal communications expert. With hands-on, results-producing strategies, tools, mindsets and solutions – she delivers game-changing programs that will have your audiences raving and adopting positive change for years to come!

CURB NEGATIVE ATTITUDES AND BEHAVIORS AT WORK

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