

## Training Seminars

- ◆ **Public Speaking with Confidence**  
increase presentation effectiveness
- ◆ **Stress Management for Peak Performance**  
increase individual and team productivity
- ◆ **Positive Attitude for Productivity Improvement**  
increase employee motivation and morale
- ◆ **Time Management All Day**  
quickly complete priority items
- ◆ **Change Management for Increased Productivity**  
get faster commitment from your team
- ◆ **Conflict Management for Everyone**  
work well with all team members and increase morale
- ◆ **Customer Service Any Place**  
wow customers to win more business
- ◆ **Leadership Development for New Managers**  
effectively manage teams — a must for new managers
- ◆ **Be a Networking Maven**  
get more qualified leads and customers
- ◆ **Develop Goals and Objectives**  
achieve your dreams in a desired timeframe
- ◆ **Enjoy Work/Life Balance**  
increase productivity and fun

Contact **P**ositive **A**ctions for details on individual workshops.

View a 5-minute video of our  
"Public Speaking with Confidence" seminar at  
[www.positiveactions.com](http://www.positiveactions.com).

**P**ositive **A**ctions is MBE Certified and SBE Registered.

Schedule your next instructor-led training seminar with **P**ositive **A**ctions. Contact **P**ositive **A**ctions immediately to book a Dynamic and Motivational Speaker.

## **P**ositive **A**ctions "Team Productivity Training"

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Invest in your employees today with **P**ositive **A**ctions — satisfied employees provide fantastic customer service!

*"Companies that invest above the average in employee learning outperform the stock market by more than 45%. Those that don't, under perform by 22%." (ASTD/Bassi).*

## **P**ositive **A**ctions "Team Productivity Training"

### Training Seminars Motivational Speeches

Which of these scenarios do you have on your plate?

- ◆ Are you frustrated by team members not being productive?
- ◆ Are you sick and tired of team morale being low?
- ◆ Are you upset because employees are not communicating effectively with each other and customers?

**P**ositive **A**ctions motivates teams to boost productivity and morale through customized cost-effective training solutions and follow-up that enhance business objectives.



## Save Money

Complete the Survey on your **Training Preferences** at [www.positiveactions.com](http://www.positiveactions.com) and get **10% off** of your next service contract with us.

## Benefits

Techniques learned in our workshops:

- ◆ **Save organizations time and money**
- ◆ **Boost productivity and morale**
- ◆ **Increase number of business objectives met**
- ◆ **Increase customers and leads gained**
- ◆ **Improve employee and customer communications**



- ◆ *"Thank you for your wonderful seminar on Public Speaking. My group of trainers as well as myself learned so much from the exercises. We all felt empowered and more confident in our training capabilities."* - L. Rones, Regional Director, **Nordstrom**
- ◆ *"... very dynamic speaker. ... knack of connecting to the audience, and keeps the entire classroom entertained."* - V. Pedapudi, Analyst, **PSE&G**
- ◆ *"I have greatly benefited from a Networking Seminar by Rosemarie, adopted techniques and enjoyed success... attended Public Speaking which enhanced my self-confidence and ability to articulate persuasively... able to make inroads with Citigroup, attribute my success to the lessons taught by Ms. Strawn"* - L. De Berry, Executive, **Vintage Legal, LLC**
- ◆ *"Wonderful workshop. ... energy and positiveness are contagious. ...better than a good cup of coffee in the morning."* - **C. Pennyfeather**

Subscribe at [www.positiveactions.com](http://www.positiveactions.com) for our Ezine on Personal and Professional Development.

## Motivational Speeches

### Enjoy a **Balanced Lifestyle**

become more productive while having fun

### Value Your Work

increase productivity and passion at work

### Live the **Entrepreneurial Lifestyle**

build your business while enjoying balance

### Topics are based on your event's theme.

Start all meetings with **Motivational Speeches** to reinforce your company's:

- ◆ **mission** ◆ **goals** ◆ **objectives**



## Why **P**ositive Actions

Timely follow-up is critical for successful application of techniques learned in workshops.

**P**ositive Actions provides customized cost-effective training solutions and timely follow-up to enhance learning and reinforce workshop applications.

## Credentials



Rosemarie I. Strawn, MBA, Motivational Speaker, Trainer and Published Author is Owner of **P**ositive Actions. She motivates teams to **boost productivity and morale** through **Training Seminars** and **Motivational Speeches**.

### Experience

- ◆ 15 years management and technical expertise in team development, productivity improvement and employee training for large, mid and small companies in financial services, technologies, telecommunications and manufacturing industries
- ◆ Proficient in team facilitation, change management, public speaking, customer satisfaction and conflict management

### Education

- ◆ Ph.D. Studies (ABD), Information Management, Organizational Theory (Minor). Steven's Institute of Technology
- ◆ MBA Graduate, Management Information Systems. Saint Peter's College
- ◆ BS Graduate, Computer Science, Industrial Engineering (Minor). New Jersey Institute of Technology
- ◆ Graduate of Covey's "The Seven Habits of Highly Effective People" Program
- ◆ Graduate of Dale Carnegie's "Effective Speaking and Human Relations" Program