

Positive **A**ctions
"Team Productivity Training"
Training Seminars & Motivational Speeches



Rosemarie I. Strawn, MBA

Motivational Speaker, Corporate Trainer and Public Speaking Coach

Rosemarie I. Strawn, MBA, Owner of **Positive Actions** (www.positiveactions.com), motivates teams to **increase productivity, teamwork and communications with each other and their customers through results-oriented, customized and cost-effective Training Seminars and Motivational Speeches**. Some training seminars are Public Speaking, Time Management and Stress Management. She is a Dynamic and Motivational Speaker and Corporate Trainer with over **15 years experience in Team Productivity Improvement**. She has integrated her strong Managerial and Technical expertise to develop comprehensive training solutions. Ms. Strawn provides Public Speaking Coaching to **increase sales and customer satisfaction**.

"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, Nordstrom Regional Director

Ms. Strawn received a Special Recognition Award from The Middlesex County Regional Chamber of Commerce for her ongoing value-added service - **"For outstanding contributions to the betterment of the business community in Central New Jersey."** **Positive Actions** was featured as MPB Network's Business of the Week at <http://www.mpbnetwork.com/business/positiveactions.html>. Also, Ms. Strawn was featured in U.S. 1 newspapers "Rising on the Wings Of a Positive Attitude" at <http://www.princetoninfo.com/200402/40211s01.html>. She has been a Keynote Speaker in the New Jersey State House. Ms. Strawn's articles on Strategy, Entrepreneurship, Time Management, Work/Life Balance, Stress Management and other topics on boosting team productivity and morale have been published in several business journals and online publications. She is known as the "Productivity-Morale Booster."

Ms. Strawn has been interviewed on TV, talk radio shows and by several journalists for her expertise in improving team productivity and morale, including The Valder Beebe Radio Talk Show, WCTC Business Radio Host Ralph Saviano "Your Money and You - Goal Setting," Irvington Mayor Wayne Smith TV show on "How to Increase Productivity and Teamwork Using Motivational Speaking" and Cablevision Business Education TV "Stress Management for Peak Performance". She has been a National Panelist for Work/Life Balance forums. Ms. Strawn has moderated several distinguished panels at major events, including New Jersey Association for Women Business Owners (NJAWBO) State Conference Media panel "Boost Your Marketing with Free Press and Publicity," University of Medicine and Dentistry of New Jersey (UMDNJ) Annual Procurement panel "New Challenges Facing Entrepreneur Women" and NJAWBO Public Relations and Media panel "Proactive Public Relations". Ms. Strawn is a Past State President of New Jersey Association for Women Business Owners, NJAWBO.

Ms. Strawn is a graduate of New Jersey Institute of Technology and has her MBA from St. Peter's College. She has also completed PhD Studies (ABD) from Steven's Institute of Technology. Rosemarie enjoys water sports, running, swimming, tennis and dancing. She is happily married to Mark Strawn who is her biggest encourager and supporter for her business, **Positive Actions**, www.positiveactions.com.

"Energy and positiveness are contagious. ...better than a good cup of coffee in the morning." - C. Pennyfeather