



## **Michael Lewis Training, Motivation and Development**

### **Our Light-Hearted Presentations**

[www.michaellewistraining.ca](http://www.michaellewistraining.ca)

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Thank-you!

Here is a brief list of our most popular “light-hearted” presentations perfect for almost any occasion when you are looking for some useful tips delivered with humour.

**More information is available at**

[www.michaellewistraining.ca](http://www.michaellewistraining.ca)

## **Another Bad Hair Day: How to Roll with Life's Ups and Downs and Come out a Success!**

This motivational presentation is guaranteed to get you to stop thinking about all the excuses you use to defer you from your happiness and success and inspire you to live well now! Life is a finite experience and we all have only so much energy and time so what are you waiting for?

### **STOP That Stinkin' Thinkin'!**

This upbeat and motivational presentation makes the argument that we are our own guardians of good thinking and a positive life. We are the sum and quality of our thoughts, and a happier, more productive, and optimistic life begins in thinking thoughts that take us forward. We can choose how we interpret our challenges and the consequent way we communicate to ourselves.

### **"...And Other Duties as Assigned!"**

It's not how many years we live ...but the life we put into our years. All too often we are called on to wear many hats and fulfill many new responsibilities professionally at work and in our own private lives with our friends and family. This motivational and often humorous seminar presents a wide palette of practical time/ life management solutions, insights on effective living and "food for thought" as we tackle our increasingly more complex lives.

### **Laughing at Stress: Humour in Times of Change!**

How we respond to change, and stress is a personal choice when operating and managing your personal and professional life. Keeping your sense of humour and adopting some simple philosophical perspectives might be the healthiest approach to dealing effectively with stress and change.

### **Change Is Inevitable: How to Think and Work Your Way Through Change!**

They say the only constant is, of course, constant change. Some see it as a perpetual adversary – something to be wary of and even fearful. Some see change as a positive thing – new challenges that stimulate personal and professional growth. Change is all around us nevertheless and often it's HOW we see it and our CHOICES throughout that can make all the difference. Come and let's explore change together and how it can work for you!

### **Twelve Monkeys of Life and Work...And How to Get Them off Your Back!**

In this motivational presentation, we will explore how to tame twelve common "monkeys" or typical life and work challenges that all have some influence on us from time to time. We'll explore the "monkeys" of self-doubt, procrastination, personal productivity, getting and staying organized, attitude, interpersonal communication, stress, difficult people / circumstances, worry, the future and change...plus much more.



## Our Fees

**Each fee for presentation / seminar / workshop considers the following criteria...**

- ... Amount of required research, development of materials and preparation time
- ... The number of participants expected to be in attendance.
- ... The needs of the client and learning dynamic of the audience
- ... The size and number of handouts (if required or requested)
- ... Travel and accommodation expenses (if applicable)
- ... Additional customization of presentation or inclusion if requested.
- ... The financial constraints and budgetary considerations of the client
- ... *Any extraordinary winter or seasonal travel demands.*

*So, there is a lot to consider...*

***Please contact us for a quote.***

*\* Fees subject to travel and HST.*

### **Our Travel / Mileage Policy**

Our rate for travel will is **0.60 / km**.

This travel rate will be in effect subject to change and periodic review.

Clients may be expected to arrange travel and accommodations for some engagements.

**Visit our website for even more suggestions for presentations!**

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