



OUTSTANDING RESULTS -

AFTER ONLY 5 SESSIONS A FORTUNE 500'S TEAM SAID:

90%

Of participants said "YES" they wanted the sessions to continue.

78%

Of participants committed to attending future sessions.

21%

Improvement in work-life balance skills ("I have tools to help me balance – to perform better at work and home").

12%

Improvement in stress management ("I know how to take steps to manage stress"). 8%

Improvement in employee satisfaction ("I enjoy coming to work each day").

WHY PARTICIPANTS SAID THEY WANTED TO CONTINUE WITH THE CLAIM LEADERSHIP SESSIONS:



TEAMWORK

"It is good to be a part of a mentally and intellectually focused team."



POSITIVE ATTITUDE

"The study of positive attitude needs to continue. We may lose the momentum if the sessions are discontinued."



PRODUCTIVITY

"It helps with continued personal/ professional growth and effectiveness."



FOCUS

"It helped me to keep the meeting focus and move them in the direction of much more productive, making it a win-win for all concerned."



STRESS MANAGEMENT

"I found great tips to use such how to relax in a high-pressure environment."



WORK-LIFE BALANCE

"This helps the team pick up some positive methods for dealing with the stress in both work and home life."



LEADERSHIP

"Learning new ways to teach and mentor others is a great way to spend time."



COMMUNICATION

"I have tools to improve communications, job satisfaction and leadership skills."



Positive. Focused. Productive.

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SOME COMMENTS FROM PARTICIPANTS:

"The return is bigger than the investment of time." (ROI)

"Continued personal/professional growth and effectiveness." (Productivity)

"It is good to be a part of a mentally and intellectually focused team." (Team Work)

"They have been helpful to me and I think others on our team could benefit as well." (Team Work)

"I have always been a calm and positive person. Learning new ways to remain the same and learning new ways to teach and mentor others is a great way to spend time." (Leadership)

"This has been invaluable for me, and probably for the people who deal with me daily!" (Leadership)

"Absolutely, great speaker, great content - I say we continue." (Positive, Focused)

"Helps the team pick up some positive methods for dealing with the stress in both work and home life." (Stress Management/Work-Life Balance)

I would like to keep these positive experiences going. It's too soon to quit now. (**Positive**, **Focused**)

Like everything else, changing attitude requires practice, and the sessions help with keeping focus on changing attitude. (**Positive, Focused**)

Study of positive attitude needs to continue. We may lose the momentum if the sessions are discontinued. (Positive, Focused)



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