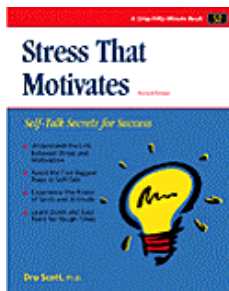


## Stress That Motivates

### Self-Talk Secrets of Success

#### YOU WILL LEARN ...

- The powerful link between stress, motivation, and self-talk.
- Tools for self-protection and self-motivation in stressful situations.
- How to expose the five biggest traps in self-talk.
- A ready-to-use reinforcement system that will help you cut stress, build motivation, and get the *right* things done.
- How to do a seven-day *quick start* to reduce the stress in your life.



### How to get started ...

- Groups and Districts can register by downloading Foundation registration forms found on our website at [www.fwifoundation.org](http://www.fwifoundation.org)
- Purchase participant kits at \$15.00 per participant, which include: Attitude: Your Most Priceless Possession book for each enrolled participant, one (1) Leader's Guide, one (1) Powerpoint Presentation, and handouts.

### Target Audience

- **Leaders and Managers** who want to be noticed
- Motivate **employees and co-workers** to create a team atmosphere

### Foundation Mission – OVER 30 YEARS OF EDUCATING WOMEN IN FINANCIAL SERVICES

Created in 1973 to serve as the educational arm of Financial Women International, the FWI Foundation is dedicated to the advancement of financial services industry professionals, by providing tools, resources and opportunities that will benefit the individual, the industry and the community at large. The FWI Foundation is a nonprofit, 501(c)(3) corporation, governed by a board of nine trustees. Donations to the Foundation may be tax-deductible.

### About FWI – BECOME A MEMBER OF THE PREMIER ORGANIZATION FOR WOMEN IN BANKING AND FINANCIAL SERVICES

Financial Women International was founded in 1921 as the National Association of Bank Women, and is one of the largest and oldest individual membership organizations of women financial executives. FWI's mission is to help women in the financial services industry be successful in their careers.

### Program Format

- Interactive Seminar and Workshop
- Presentation can be facilitated by Group or District Leaders
- Individual and group exercises
- Crisp book included in the affordable program fee