



CHANGE



So, Who Motivates the Motivator? Living a Fully Charged Life

At your office or home are you the motivator? Do people look to you to keep them charged up or get them off to a good start? But how about you? Who helps you get motivated? The truth is, of course, it is impossible to charge up a motivating climate for others until you have figured out how to charge up your own life.

During this highly interactive, engaging, and content-packed session led by trainer and speaker, Chris Clarke-Epstein, CSP, you'll be asked seven questions that provide a framework for a self-motivated life. There are points to be earned and energy to be found in your answers. You'll take away specific steps to challenge yourself to stay positively motivated and learn practical tools that will focus your daily actions.

This custom designed program filled with Chris Clarke-Epstein's well-known style—a balanced blend of humor and substance—will add to your meeting as an exciting opportunity for learning, involve attendees in positive participation, and ready them for practical action when they return to their offices.

Based on the needs of your group and the length of your program, **So, Who Motivates the Motivator?** may include the opportunity for participants to:

- Explore the seven components of self-motivation
- Assess the balance of positive and negative thinking in their lives
- Experience the connection between laughter and perspective
- Have fun
- Develop an individual action plan to turn today's ah-ha moments into practical action