

Jacquelyn Ferguson

Speaker • Trainer • Corporate Coach • Author • Columnist

Jackie has a passion . . .

. . . for helping people solve problems. Her mission is to inspire you to live a conscious life of personal responsibility in your relations with yourself and with others. Through her presentations she gets your employees to "wake-up" to the challenge at hand and to identify and apply creative solutions.

Jackie offers exceptional keynotes, training programs and corporate coaching, which have earned her rave reviews. Her message is current, thought provoking, up beat, and entertaining. Literally hundreds of thousands of people worldwide have benefited from her presentations.

Only hire Jackie if you want . . .

POWERFUL CONTENT THAT PRODUCES RESULTS!

Jackie presents the latest information in understandable ways with practical and applicable "how to"s attendees can use right now!

FUN!

Jackie approaches all programs, even those that some people resist, such as diversity and harassment, with a lighthearted touch that wins over even the most skeptical.

RAPPORT!

From LA to London, Amsterdam to Auckland, Jackie has never met an audience she hasn't liked. She builds rapport with everyone, allowing audiences to open up to her motivational and empowering message!

Rave Reviews

"This presentation and facilitator have been the best of them all!"

—Jackie Gonzalez, Economic Development Director, City of Hollywood, Florida

"Excellent presentation. By far the most useful stress reduction program I've ever attended."

—T. S. Pesut, Dean Witter, Mpls., MN

"We've used Jackie for a number of presentations and receive overwhelmingly positive reviews.

She can keep a large audience in the palm of her hand for hours at a time."

—Ann Isaacs, HR Director, City of Eustis, FL

"This was invigorating, refreshing and stimulating not to mention just plain enjoyable. Jackie was fantastic and has such energy and humor."—R. Lappies, Sr. Editor, Book Creations, Inc. NYC

Presentations:

Stress Management

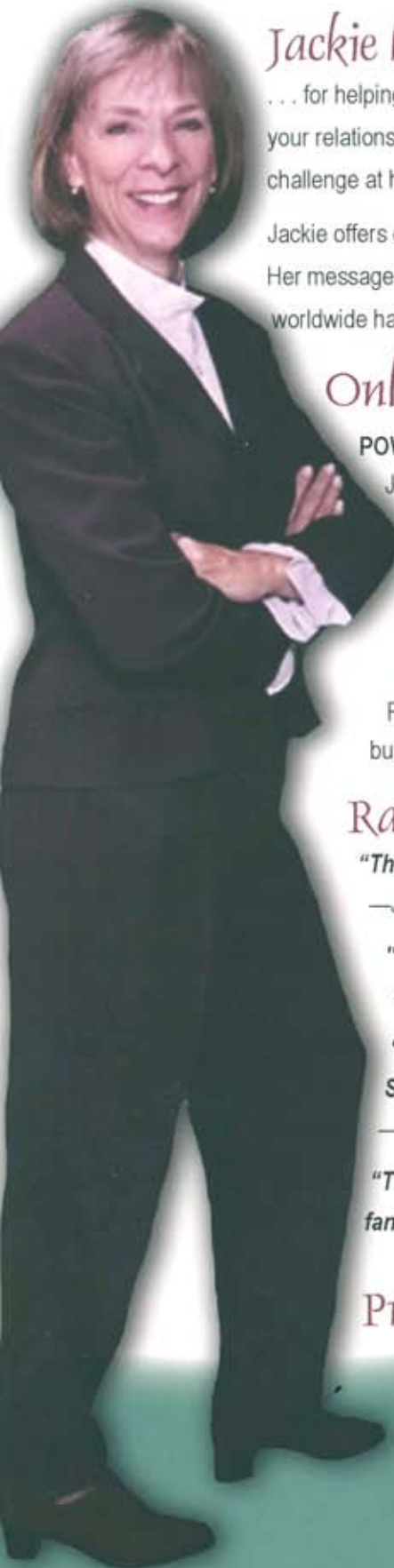
Become Your Own Stress Coach
Coping at the Speed of Change
Create a Life of Balance
Slow Down You Move Too Fast
Don't Worry, Be Happy
Teaching Kids How to Manage Stress

Diversity

Building Diverse Teams
Bridging the Generation Gap
Recruit and Retain the Best from all Generations
Walk In My Shoes: Diversity Conflicts to Cooperation

Workplace Harassment

Sexual Harassment: The Rules Keep Changing
Workplace Harassment 101



Keynotes

SLOW DOWN YOU MOVE TOO FAST!

Our American lifestyle is nuts! Keeping up with family and work responsibilities creates insane demands and results, at minimum, in fatigue and irritability — if not physical illness and disease. Someday your body will present its bill to you. Are you paying a physical price for your stress?

In this humorous and participative presentation you'll learn how to pull back from your personal "Stress Cliff" (where stress damages you physically, emotionally and mentally) by directing your fight/flight energy in healthy directions. Through "Stress Breaks" you'll diminish cortisol, a fight/flight hormone that ravages your health, and return your body to a balanced state, minimizing the consequences of stress.

BRIDGING THE GENERATION GAP

The work ethic of the older generations is to be admired. The younger generations take to change like a duck to water. So what's the problem?

The problem is the predicted and looming skilled labor shortage with millions of Baby Boomers retiring and far fewer Gen Xers taking their place.

Your challenge is to recruit and retain the best from all four generations, no easy task since all of your competitors need to do the same thing.

In this fascinating presentation you'll develop not only an awareness of why each generation tends to be the way it is but also an appreciation for each that you've never had before. Jackie sheds light on the generational differences in values and behaviors that once you found irritating and now you can understand. This greater understanding leads to fewer inter-generational conflicts and increased cooperation, not to mention better ideas for recruitment and retention practices.

You can't afford to miss this presentation!

IF WHAT YOU'RE DOING ISN'T WORKING, DO SOMETHING ELSE!!

Have you ever tried to quit smoking or limit your defensiveness with a boss — or with an in-law? If so, you know that making personal change is one of the most difficult things you do. You are programmed to react automatically. To change anything in yourself you must first learn to be conscious of which behavior isn't working and which ones would serve you better.

In this eye-opening presentation you'll learn the concept of "Mind Games" that can propel you toward the desired change(s) you seek.

Caution: This program is not for those who prefer the status quo!

Jacquelyn Ferguson

4596 Little River Lane

Ft. Myers, FL 33905

239-693-8111

www.jackieferguson.com

