

Woe to Wow— Solutions for Resilience

helping your audience thrive and succeed at work and home

Sunny Side Up - The power of joyful living

An uplifting **keynote** ideal for a staff or volunteer appreciation **(30–75 minutes)**

It's easy to beam when things go *well* but can you smile when you really want to *yell*? Do you clench your teeth when the neighbor's dog leaves an unwelcome deposit, another driver cuts you off in traffic or your co-worker leaves her dirty dishes in the office sink? If you let petty grumbles pull you down, you can become physically ill and emotionally miserable in your interactions—with yourself and others.

While lightening up is undervalued and underutilized, it can help you better juggle the balls of life, bust stress, think creatively, manage change, increase morale, ease communication and keep those blues away.

Patricia Morgan will invite you to consider, "The biggest joke on the planet just might be how seriously you take yourself."

Take an enthused initiative! Create some *fun* in your *fundamental* day. Learn 15 ways to uplift your perspective and realize the power of a smile, share a laugh, better engage with others, think like an optimist, appreciate what's working for you and delight with simple yet meaningful surprises. Inspiring stories will motivate you to lighten your load and brighten your outlook.

You and your group will be ready to:

- Re-capture what you always knew from childhood; it's important to have fun
- Smile and tell your brain; *life includes joy*
- Think like an optimist and practice gratitude
- Create cheerful surprises for yourself and others
- Celebrate the people in your life *now*
- Make a quick, meaningful and positive difference
- Express your personal "fun factor"

"We had Patricia as the opening speaker at our conference and she made us see the **Sunny Side Up**. Thanks for all your inspirations." **Peggy Bertuzzi**, Conference Chairman, Canadian Association of Pharmacy Technicians

Other Solutions for Resilience

If you want more group interaction and learning activities consider a longer PD presentation or workshop.

Tailored to Meet Your Needs

Programs can be adapted to support your event's objectives. Ask for Customized Self Mastery and Workplace Resilience with modules enabling you to build a *good fit* workshop.

If you want your participants to have longer-lasting results ask about bulk discount rates for pre-purchased books for each participant.

Select **Sunny Side Up** or another program by calling Patricia Morgan at 403-242-7796 or emailing patricia@solutionsforresilience.com

P a t r i c i a M o r g a n

1411 25A St. SW, Calgary - Alberta, Canada, T3C 1J8

Tel: 403-242-7796

E-mail: patricia@solutionsforresilience.com

Web: www.solutionsforresilience.com