



Putting Positivity on the Map

Ever wish you could push a nitro button for your performance? You have arrived at your destination. Some people always seem to be in high gear while others become stuck in the doldrums. This invigorating workshop will replenish the pep in your step.

Being motivated can become a daily struggle. The motivation battle is compounded when you have to navigate around commuting stress, multiple priorities with varying deadlines, and a fast-paced lifestyle - all of which can crash your engine. Let Doug Dvorak, a motivational speaker and an expert on developing human potential, be your travel guide through a humorous and interactive presentation, which teaches the audience how to arrive at goals by taking the positive route. You do not need to keep all arms and legs inside the moving vehicle: Audience participation is enthusiastically encouraged in a non-threatening manner.



Program Goal

Burnout is a major personal and professional risk associated with high-stress jobs. This workshop builds each participant's skill in balancing the goals and stresses of work and life. To ensure that each audience member receives a hearty laugh, leaves with a positive attitude, and experiences navigating daily life from the optimistic lane, Doug Dvorak makes positivity the focus and reminds his audience that laughter equals longevity and psychological well-being.



Duration

- 45-60 Minute Keynote
- 2-4 Hour Breakout Session
- 6-8 Hour Full Day Training



Learning Objectives & Outcomes

- ✔ Create and project positive motivational vision and values
- ✔ Be more intentional and strategic in positive thinking, as opposed to relying on intuition alone
- ✔ Serve as a source of optimism and enthusiasm while eliciting excellence and innovation
- ✔ Provide the resources and support to encourage positive thinking
- ✔ Recognize ways to think positively under a variety of conditions/circumstances
- ✔ Think positively and remain motivated during times of change including crises
- ✔ Five Essential Facets of Dynamic Motivation & Positive Thinking
- ✔ Consistently communicate an inspirational vision
- ✔ Initiate and implement change to meet goals
- ✔ Sustain the momentum - Motivate the audience
- ✔ Execute strategies, actions needed to create and sustain positive thinking