**Workshops: Benefits and Results for 2018!**

**Treasure mapping (The Science and Art of Vision Boards)**

**Sat. Jan 6, 9:30 AM – 12 noon $59**

Are you not real sure what you want for 2018?

Are you missing a clear direction for your business?

Does your life need some fun, quality family time?

An effective Treasure map (or vision board) will:

* bring clarity, focus, and excitement,
* energize the law of attraction,
* illuminate your deepest desires for your future.

Coach Ana Tampanna is a treasure map expert…having taught workshops throughout the eastern US from New York to Florida. Participants have gotten amazing results, some of them as fast as the following weekend! Learn from her 30 + years of experience and create your ideal relationship, vacation, home, client, or whatever else your heart desires.

Bring: magazines of your interests, glue stick, scissors, poster board.

**Workshops for Leaders**

**$197 each OR register in advance for all 5 with a 20% discount $797**

**Pay in full by Dec.31 and get an additional $100 off!!**

**Creating a Compassionate Workplace**

**Feb 3 9:30 – 12 noon $197**

Do you have employees who complain, gossip, and blame each other?

Do avoid some of your co-workers or employees?

Do you have a bully in the house?

Learn some key tools for:

* identifying your work culture
* creating a safe environment where happy employees enjoy their work
* Recognizing generosity as a regular occurrence

**Developing your Inner Leader**

**March 10, 9:30 – 12 noon $197**

Do you get tired of the same old ruts and frustrations?

Do you get overwhelmed?

Do you sometimes start the day feeling irritated?

Do you get tired of telling people what to do?

This workshop will:

* help you see yourself and others differently,
* discover where you need a power boost,
* give you insight as to your own inner growth,
* create a clear picture of who you are for others.

**How to expand your network and build awesome relationships**

**Saturday, April 7 9:30 – 12 noon $197**

Are you waiting for new business?

Do you have an endless source of new contacts?

Do people get excited to see you?

Do you have a database of people who can help you find anything?

In this workshop, Coach Ana will teach you how to become a networking maven. You will:

* demonstrate how to talk to anybody about anything
* practice communication techniques for inspired conversations
* develop new networking habits to elevate your effectiveness

**How to speak in public (so people notice)**

**Saturday, June 9, 9:30 until 12 noon. $197**

Do you get nervous in front of people?

Do you know what to do with your hands?

Are you at a loss of words when accepting praise or an award?

Would you like to have an audience hanging on every word?

In this workshop, Coach Ana will draw from years as a professional speaker and experienced Toastmaster to give you key tips that will:

* Provide you with the key Do’s and Don’ts when speaking in public
* Put you more at ease when speaking off the cuff
* Give you a boost for your next presentation

**3 Key Tools for Developing Your Staff and Raising the Standards in Your Office**

**Saturday, Sept 15, 9:30 AM til 12 noon $197**

Do you have employees that complain about each other?

Would you like to increase the effectiveness of your team?

Are you tired of people blaming someone else or making excuses?

In this workshop, Coach Ana will provide you with 3 key tools that can transform your office. You will learn how to:

* Support employees in taking responsibility for their actions
* Create office rituals that boost confidence and morale
* Communicate effectively with adversity or upset.

***Ana Tampanna*** **is a certified professional coach, an experienced trainer for corporate, and non-profit organizations, and a professional speaker. She is the author of *The Womanly Art of Alligator Wrestling*, a speaker for TEDXWomen, the co-founder of Winston-Salem Toastmasters Club, the Vice President of TriadNOW and a member of The International Federation of Coaches.**

**To register, click here.**