

***"Put On Your Big-Girl Panties & Ride, Cowgirl!:  
Success & Stress Bustin' Best Practices"***  
**A festive & highly entertaining Women's Program**

Designed by women in business, for women in business, this seminar prepares you to take on greater organizational responsibilities, assess your strengths, pinpoint areas for improvement, redefine your personal brand and achieve a higher level of job satisfaction and effectiveness

You will learn how to:

- Maximize your natural leadership capabilities
- Release your "mental brakes" and unlock your potential
- More creatively solve business problems
- Stay positive and focused
- Develop creative ideas to improve operations and effectiveness
- Master assertive communication with tact and skill
- Heighten your AQ (Adaptability Quotient)
- Use your time for maximum productivity
- Overcome procrastination
- Focus on your most valuable activities
- Have a laser focus on full-throttle productivity
- Have More Fun and Get More Done!

*Some of Kelli's Most-Requested WOMEN'S TOPICS:*

*The TOP TEN Packing List for 21st Century Women Leaders"*

*"Funny You Should Say That: A Sense of Humor Can Get You the Corner Office!"*



**Kelli S. Vrla, CSP**

**Helping You Have More Fun & Get More Done!**

*"A festive delivery of relevant, memorable, & immediately-usable skills!"*