

NEGAHOLICS

How to Overcome
Negativity and Turn
Your Life Around

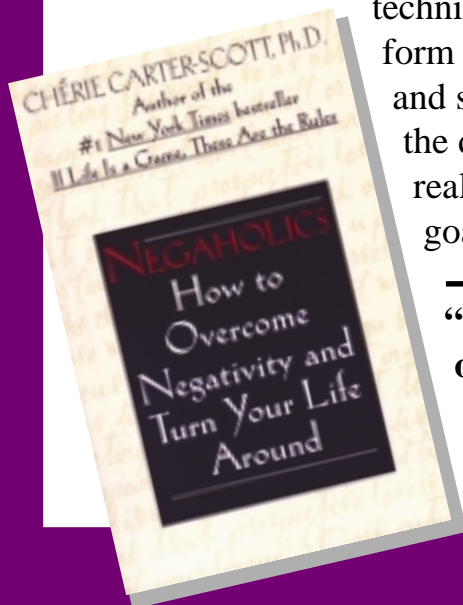
Dr. Chérie Carter-Scott has been studying negativity in our society for 28 years. Recent events have caused negativity to explode in epidemic proportions and Dr. Carter-Scott's skills in combating it are unparalleled. Her book, *Negaholics*, is the answer to negative self-talk, put-downs, and sabotage of yourself and others.

Do you...

- Focus on all the times you blew it and things didn't work out?
- Find yourself expecting the worst so as not to be disappointed?
- Brush off or dismiss compliments from friends and family?
- Think that prospective lovers are out of your league?
- Back out of job offers for fear you might not be up to the challenge?

Negaholics is the answer to negative self talk, put-downs, and sabotage of yourself and others. It tells how negativity originates, what reinforces it, what you need to do to stop the "I can'ts" and begin reinforcing the "I cans." This book is a must for everyone, as it is filled

with over 70 different tools and techniques which totally transform your attitude and behavior and shows you how to open up the door of possibility and really go after your dreams, goals, and wishes.



"Easy to read with plenty of case studies and fine advice."

- Milwaukee Journal



THE CORPORATE NEGAHOLIC

How Deal Successfully with Negative Colleagues, Managers, and Corporations

Do you believe that your addictions are the result of the pursuit of, or the avoidance of, a feeling? Do you think that negative attitudes can be changed? Do you feel that to change anyone, you must first start with yourself?

Over 20 years of research with individuals and groups has culminated in Dr. Carter-Scott's profound insights on self-defeating patterns. She has documented her theories and case studies in two books on overcoming negativity in personal life and in the workplace. With over 70 different tools and techniques, Dr. Carter-Scott not only diagnoses and presents the reasons people are negative, but she also presents strategies and solutions for success. Some people refer to them as "difficult people," but Dr. Carter-Scott calls them "negaholics," people who have a condition which must be addressed.

You Will Learn How to:

- Resolve conflicts with cool-headed confidence
- Discover the best options for dealing with negative employees
- Learn 6 techniques to move inflexible people
- Discover stress-reducing techniques for dealing with negaholics
- Gain powerful strategies for dealing with cynicism, backstabbing and sabotage

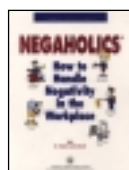
Course Outline:

- What is negaholism?
- What is negaholism doing to you?
- How is negaholism affecting your office?
- Positive strategies for dealing with negaholics
- Methods for handling interdepartmental negativity
- Develop positive and productive relationships with negaholics

Benefits:

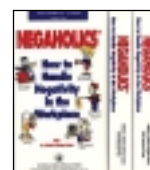
- Learn why people become negative
- Find out about the different types of negaholics
- Discover what reinforces negativity
- Learn what you do to manage negative people
- Understand what strategies actually turn negaholics around
- Find out what tools and techniques are really effective

Negaholics Multi-Media



Audio Tapes:

Six-cassette series for individuals who don't have time for all the books on their list. (Includes workbook and over four hours of listening time).



Video Tapes:

Three 45-minute videos for individuals and trainers who want to illuminate negative situations in a non-threatening manner. (Workbook included)

Team Building

Teams Aren't Born, They Are Built!

Do you believe that teamwork really works? Do you think that it is possible to build a successful team? Do you secretly wish your team could seriously improve?

Chérie Carter-Scott, Ph.D., has trained and facilitated teams for over two decades. From Fortune 500 companies to office teams of professionals, her magic transcends attitudes, beliefs, and behaviors.

“Withholding builds walls; disclosing builds bridges. Your choice: walls or bridges.”

This statement sums up Dr. Carter-Scott's bottom-line on Teambuilding. She speaks with authority experience, and knowledge. Her case histories add color and credibility. Her perspective brings humor to the irony of the human condition. Her unique connection with her audience presents compassion, inspiration and opens up a world of possibilities.

You Will Learn How to:

- Diagnose your team effectiveness
- Determine what the issues are
- About your leadership style
- Pinpoint the obstacles
- Strategize a winning action plan
- Build a successful team

Course Outline:

- What is teambuilding?
- Why is a team important?
- What is required to build a team?
- What are the key elements of “team”?
- What gets in the way of teamwork?
- What do you do to assess teamwork?
- What do you do to create teamwork?

Benefits:

- Determine where you learned about teamwork
- Learn what constitutes a good team
- Discover the main obstacles to teamwork
- Learn six ways to build a successful team
- Realize what you need to do to form a winning team

Passionate Leadership

The Future is Now!

Do you believe that you have leadership capabilities? Do you want to understand leadership so that you can be more effective? Do you want to develop yourself as a leader?

Everyone learns leadership from someone. The learning process is either deliberate or subconscious. Some people are reluctant leaders; they have the authority but are reticent to use it. Discovering your relationship to the leadership role, where you are in the process, and what you need to do to become a more effective leader is the focus of this presentation.

Leadership is the ability to stand up and speak up for what you believe, to inspire others so that they are moved to follow, and to make a difference through your commitment to the outcome.

Dr. Carter-Scott is a leader who has taught leadership skills to individuals and organizations on three continents. She is the embodiment of her teachings. She will empower your group to lead in circumstances where they never thought they could.

You Will Learn:

- The job/satisfaction formula
- Basic management assumptions
- About your leadership style
- Your weak link in the leadership chain
- The qualities of an effective leader

Course Outline:

- How to turn vision into reality
- 4 qualities of leadership
- 4 leadership styles
- The anatomy of resistance
- The technology of buy-in

Benefits:

- Find out your leadership strengths
- Discover the areas for development
- Strategize an action plan
- Determine who you want to lead
- Uncover your convictions
- Know how you want to influence others

C Change Management

Shift from Victim to Victorious

Do you feel that change can be disruptive and disorienting?

Do you find that changes are challenging. Do you wish that you could deal with change more effectively?

In the fourth century B.C., Heroditus said, “Nothing is permanent but change.” Today, we have more change happening than ever before.

There are only two types of changes; one you choose, the other you don't. The challenge is to learn how to choose the change you never chose! “Change is when things are different than they were.”

You Will Learn How to:

- Understand change dynamics better
- Cope better with change, with yourself and others
- Understand other people's reactions to change
- Deal with negativity caused by change
- Use change for your advantage
- Thrive on change

Course Outline:

- How to deal with overwhelming change
- The options available to you
- Resources within your control
- Wrestling, with the “I cans versus the I can'ts.”
- 7 actions to change any behavior
- 10 elements of teamwork

Benefits:

- Discover the relationship between change and stress
- Find out how to feel in control when you are clearly out of control
- Learn the formula of 30,000 people who have reached 100 years of age
- Resolve how to shift from victim to victor in overwhelming change
- Discover the 8 Key Points to Take Charge of Change

Additional Speaking Topics

All presentations are customized to fit your needs and meeting objectives in 45-minute, three-hour, half-day, and full-day formats.

- If Life is a Game, These are the Rules
- If Love is a Game, These are the Rules
- If Success is a Game, These are the Rules
- Communication and Active Listening
- Conflict Management: Expand Your Repertoire
- Consultative Sales Training
- Creativity: Stretch Outside the Box
- Dealing with Difficult People
- Goal Setting: Design Your Future
- How to Run Successful Meetings
- Interviewing Skills
- Stress Management: Balancing Your Total Life
- Self-Management: Time, Tasks, and Resources
- Spiritual DNA: Ten Rules for Being Human
- Women in Leadership



If you are interested in booking Chérie for your next speaking event, please contact your speaker bureau or visit www.totallifedesign.com