

**Carol Price**  
**“Professionally Speaking”**

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A Different Kind of Speaker  
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<b>Program Title</b>		<b>“Commitment to Excellence”</b>	
<b>Hours</b>	3 - 5	<b>Presentation Format:</b>	Microsoft PowerPoint
<b>Course Description</b>		<p>We often guide others with more wisdom than we guide ourselves. This course examines the commitments to ourselves, that are necessary to further our goals and result in our happiness. Discover the simple, easy to adopt, commitments that can make our lives easier and more productive.</p>	
<b>Highlights</b>		<p>This program considers 4 basic commitments that we make to ourselves – about ourselves – for ourselves, to affect how we deal with daily challenges in a positive, healthy and productive manner.</p> <p>Learn how and why we matter to hundreds of thousands of people – one person at a time. The course uses exercises and demonstrations to PROVE the worth of each person in their day to day activities.</p>	
<b>Special Points</b>		<p>Participants will:</p> <ul style="list-style-type: none"> <li>• Be able to recognize the differences among self-esteem, self-respect, and self-image – and learn to increase all 3</li> <li>• Choose to make 4 core commitments to increase personal and professional happiness, contentment and peace of mind</li> <li>• Recognize who’s toxic to your healthy way of life, and who’s not</li> <li>• Be able to evaluate and assess whether their life boundaries are made of sand or stone, signifying their strengths and weaknesses</li> </ul>	