

# SUCCESSTREK®

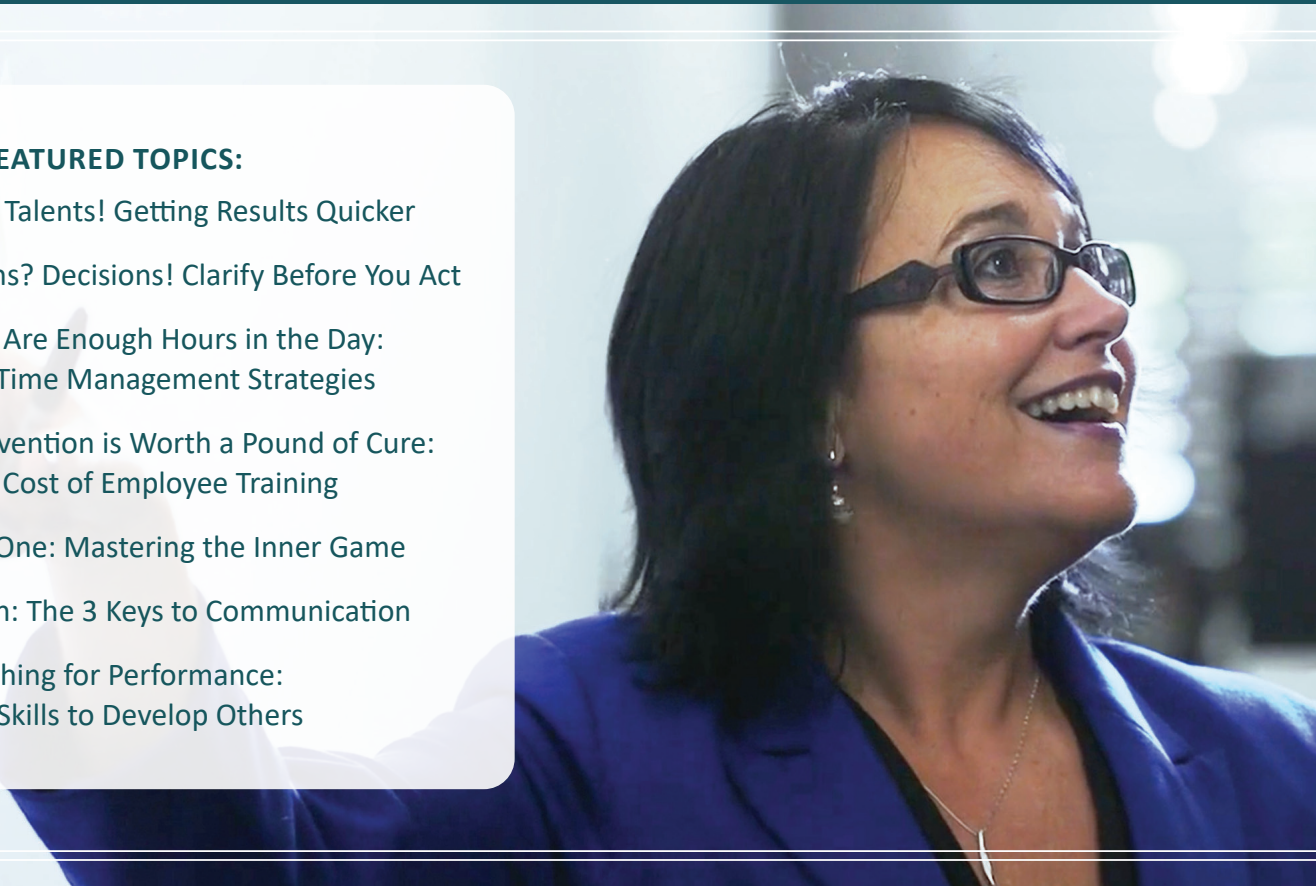
## STRENGTHENING COMPANIES FROM WITHIN™

**THERESA VALADE, MOTIVATOR, FACILITATOR, COMMUNICATOR** is known for her contagious energy and remarkable ability to inspire others to contribute more of what they do best. After more than 20 years of leading companies and teams through change, she has seen how a happier workplace can increase the number of satisfied customers and improve the bottom line.

Business success is directly connected to the happiness and productivity of employees.  
**Let us be a part of your plan to keep your people performing at top levels.**

### FEATURED TOPICS:

- Power Up Your Talents! Getting Results Quicker
- Decisions, Decisions? Decisions! Clarify Before You Act
- There Really Are Enough Hours in the Day:  
Our Top 10 Time Management Strategies
- An Ounce of Prevention is Worth a Pound of Cure:  
The True Cost of Employee Training
- The Power of One: Mastering the Inner Game
- Blah, Blah, Blah: The 3 Keys to Communication
- Coaching for Performance:  
The 3 Skills to Develop Others



*“Fast Pace. Clear Examples.  
Good Content and Activities  
to test/practice skills.”*

ANNETTE CORBETT

General Manager, Long Beach Country Club



*“Theresa really gets you thinking outside  
of the box on issues / weaknesses  
that you don’t even know exist.”*

BRETT MCDERMOTT

Senior Vice President, Latitude Commercial Real Estate

INSPIRING ACTION AMONG LEADERS AND TEAMS

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