

**5 Keys to Increase Work
Place Satisfaction and
Productivity**

brought to you by:
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Who Am I?

Mortgage professional since 2001
Processor 2001-2006
Mortgage Originator 2006-present

Certified Tapping Into Wealth Coach
Emotional Freedom Technique (EFT)
Master Practitioner
Gifted Healer

MISSION

- To **INSPIRE** those in attendance to a more satisfying and productive work and home life.
- To help attendees to learn quick and easy techniques to shift every day personal stressors to change the overall work atmosphere for the better.

Stress in the workplace

When it comes to stress in the work place, productivity and work place satisfaction suffers.

Everything in your life is an active manifestation due to your thoughts and feelings about who you are and what you deserve

Take 100% responsibility for your life –you are the ONLY ONE who can change it!

When you are in chronic stress you are in FIGHT, FLIGHT OR FREEZE and your Brain goes off LINE...

THEN WHAT?

NOW WHAT?

ASSESSMENT

WHAT DO YOU BELIEVE ABOUT YOUR J-O-B?

EXTERNAL WORRY:
Losing Cars
Losing Home
Not having enough

INTERNAL FEELING
Shame
Embarrassment
Sadness

**Worry is
praying
for
things
we
don't
want!**

"All blame is a waste of time. No matter how much fault you find with another, and regardless of how much you blame him, it will not change you." WAYNE DYER

CHOOSE to Act 100% Responsible

- ❖ Think Different Thoughts
- ❖ Feel A Different Way
- ❖ Do Different Things

GET CLEAR ON WHAT YOU WANT

Make a list of everything in your life that you don't like

Examples:
Expectations of management is too high
Co-workers who treat me poorly
Things going on at home
Systems that are not effective

What do you want instead? Be SPECIFIC!!
It is hard to get "PUMPED UP!" without a clear goal.

MIND – BODY Connection

What is your current stress level?
It's Overwhelming!...Rate it (1-10).

What do you feel?
Where do you feel it?

BELIEVE IT TO SEE IT

**WHAT WE BELIEVE MATTERS
BECAUSE WHAT WE BELIEVE
AFFECTS THE WAY WE LIVE.**

Kristen Fisher

REMEMBERING THE FUTURE

Imagine that you are sitting in this room at the end of the year. You LOVE your job, your co-workers, the management team and clients are easy! Your level of stress is at an all time low. What is that conversation?

MAKE IT FEEL AS REAL AS POSSIBLE!

Example

Share

SURRENDER....



MAY I TAKE YOUR ORDER?


*The distance between
who I am and who I
want to be is
separated only by my
actions and words...*
@briansolis

TAKE ACTION!


WISHING DOESN'T
MAKE IT SO!

A cartoon illustration of a woman with dark hair in a bun, wearing a dark top and pants, sitting in a meditative pose with her eyes closed and hands resting on her knees. She is surrounded by several small, floating icons that look like gears or abstract shapes. The background of the entire slide is decorated with large, light-colored circles of varying sizes.


Change your **PHYSIOLOGY**=
Change your **EMOTIONAL** State

A simple black silhouette illustration of three people standing side-by-side with their arms raised in a 'V' shape, suggesting celebration or triumph. The background features large, light-colored circles.

**CHANGE YOUR
WORDS!**

The words 'I AM' are written in a large, bold, stylized font. Each letter is filled with smaller, illegible text, giving it a textured appearance. The background has large, light-colored circles.

GRATITUDE IS KEY!



Appreciating what we already have!

- Notice!
- Journal
- Gratitude Jar
- Bless Clients, Referral Partners, Business Associates, etc.
- Set Alarm for Moments of Gratitude throughout the day
- Write notes

Celebration Time

Closeness of the match!

Little Things and Big Things!

Dance Party!



What are Clients Saying?

Thank you for giving me my vision back!

I am at the bank right now taking control of my finances, I can't thank you enough!

I have never experienced anything like that before!

You helped me to fall in love with my business all over again! There are a lot of people out there who need me!
