

Mary Ann Kmetyk

Applied Performance Strategies, Inc.

10320 Little Patuxent Parkway Suite 300

Columbia, MD 21044

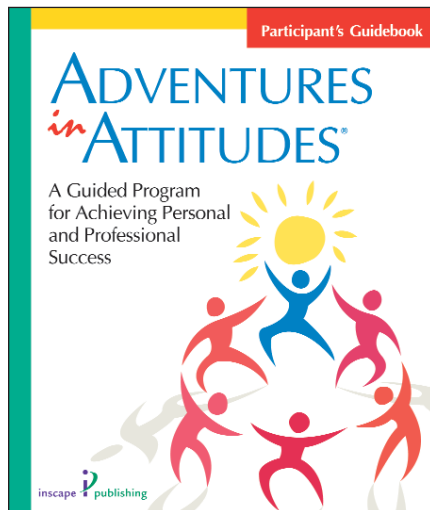
410-715-0800

email: makmetyk@aps-online.net

www.aps-online.net

Adventures in Attitudes®

An Empowerment Strategy for Today's Workplace



Turn passive
resistance into
high-energy
performance.

In a recent national training survey, companies were asked what counts more: employee *aptitude* — hard skills and technical competencies — or employee *attitude* — soft skills including motivation, commitment, and communication. Nearly 60 percent of companies responding ranked *attitude* as the *number one concern*.

Coping with the continuous changes of today's downsized, re-engineered, team-oriented, and increasingly diverse workplace has left many people confused, fearful, suspicious, and angry. As attitudes deteriorate, so do commitment, loyalty, and, most importantly, performance.

Adventures in Attitudes® is an empowering program designed to help people understand that how they perceive and respond to events around them is their choice. This awareness is the first step in changing negative attitudes to positive ones. It's key to establishing personal responsibility and accountability in the midst of change. And it helps turn passive resistance into high-energy performance.

Empower Employees to Choose Their Own Attitudes

Adventures in Attitudes is an intensive but flexible program. It can be offered over several days or in a modular format over several weeks. The program is a remarkable process of self-discovery using small-group interaction, shared personal experiences, individual and group exercises, and facilitator-led discussion.

The level and intensity of participation is determined solely by the individuals, but most participants recognize early on that this is not "training as usual." They quickly embrace their active, personal role in the process.

Learners move through 10 high-involvement areas critical to increasing self-awareness, changing attitudes, and improving relationships for greater personal and professional success:

1. Effective Listening
2. Developing Communication Skills
3. Attitude Awareness
4. Dealing with Emotions
5. Understanding People
6. Attitudes of Personal Empowerment
7. Creative Problem-Solving
8. Team-Building Strategies
9. Motivational Power
10. Reaching Your Potential

Adventures in Attitudes® (continued)

Discover How Positive Employee Attitudes Create Positive Action Toward Organizational Goals

Adventures in Attitudes® provides organizations with a time-tested, life-changing human relations program offering long-term performance improvement. Organizations will:

- gain committed employees, not compliant ones
- foster communication and teamwork, not control
- inspire leadership and innovation, not dependency
- increase positive energy, not stress
- encourage change, not resistance to it
- create a climate of empowerment, not power

Give Your Employees Greater Personal Satisfaction and Professional Success

Adventures in Attitudes provides individuals with the knowledge and skills to develop and maintain positive attitudes. Individuals will:

- increase self-awareness and affirm strengths, talents, and abilities
- learn to transform negative attitudes into positive ones
- overcome self-imposed limitations, fears, and doubts
- develop effective listening and communication skills
- improve relationships and increase empathy and respect for others
- achieve new levels of performance through goal-setting techniques
- make decisions with confidence
- learn practical and effective approaches to problem-solving

Say Yes to *Adventures in Attitudes*

Empowerment begins with seeing the possibilities, not just the problems. It means changing our perspective — on ourselves and others.

But changing attitudes is risky. It means leaving where you are and not coming back, stepping out of the comfort zone and getting uncomfortable. It requires mental and physical stamina, courage, and even some distress.

It's easier to say no to changing our attitudes than it is to say yes. But the nos are simply ways of repeating the past. Saying yes opens up all sorts of new opportunities. Say yes and discover the power within you to change your attitudes, your work, your relationships, and your life. For the better.

Say yes to *Adventures in Attitudes*.

Common Workplace Issues. Uncommon Results.

Individual differences are key to the success of your organization. Yet these vital differences can also lead to common workplace issues. Stress. Conflict. Low productivity. Ineffective leadership. Resistance to change.

So how do you solve common problems among unique individuals? With Inscape Publishing's self-directed learning instruments. Our tools are based on the belief that individual awareness is key to organizational success. Organizations like yours use Inscape's resources to provide a common language, helping people capitalize on differences to achieve uncommon results.

Related Products

The *Adventures in Attitudes* Trainer's Kit provides everything trainers need to conduct the *Adventures in Attitudes* program. The kit includes a Facilitator's Manual, one Participant's Guidebook, one set of Affirmation Cards, one stopwatch, and a sturdy canvas bag. Contact your Inscape Publishing Authorized Distributor for details.