



interact | entertain | energize

8550 N. Hickory St. Apt. 304 Kansas City, MO 64155

# BUCKLE UP....YOUR ADVENTURE IS ABOUT TO BEGIN WITH CANDY WHIRLEY





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## It Takes 4 To Tango

### Confidence

Understanding Filters...

Eliminate Self-Sabotage

600 to 800 per minute!

75% NEGATIVE

Positive Self-talk

Negative Self-talk

*A positive attitude is a powerful force.*

*-Anonymous*



## Communication

### Break It Down!

#### Pitch/Tone

#### Actions

#### Six Barriers to Problem Solving

- Discounting entire message when one flaw is found with tone or body language
- Judging the messenger rather than evaluating the message
- Giving premature responses
- Listening for agreements rather than for understanding
- Wandering Mind
- Drive to be right



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Communication cont.

## Build Relationships

Are you a boss or a buddy?

How to give great feedback to anyone!

The LBs and NTs

Like Best

Next Time

Like Best



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## Creativity

**It's as Easy as ABC**

Attitude

Be present

Creative Genius

Change

It Takes 4 To Tango!

Chameleon



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Lion



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Lamb



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Owl



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