



## **STAYING UPBEAT: TECHNIQUES TO GENERATE ENERGY, CREATIVITY AND FLEXIBILITY OF THE MIND**

WITH

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Effective, self-confident and upfront communication styles are part of the essentials promoted by the **WINNERS CIRCLE** that Dr. Aznavour aims to create and publicize.

This seminar is welcomed by company leaders, universities, professionals from different fields and the general public as **Staying Upbeat** encourages vital stress management using playful and creative problem solving techniques.

Modeling a light and humorous presentation style, throughout her different seminars Dr. Aznavour always invites participants to recapture their childlike readiness to be flexible with a light-hearted delightful free-spirit all the while letting go of the defeating attitudes of hopelessness and helplessness.

A major aim of the seminars is to encourage participants build a successful style at work, at home and in day-to-day living. As a seasoned Clinical Psychologist and as a Creativity Consultant her bag of tricks includes 20 years of workshop ideas and practical techniques coming from the fields of Clinical and Industrial Psychology, Creativity and Innovation Training as well as her observations from travels to foreign lands. Seeing the world through the kaleidoscope of dissimilar cultural models, openness to new experiences, adopting winning attitudes, encouraging "can do" and resilient approaches to living are the tools transmitted by **Staying Upbeat**.

### **SEMINAR OUTLINE**

The major themes of this seminar include:

- 10 practical Stress Reduction Techniques
- Controlling Emotions
- Accessing Personal Power Building Secrets
- Effective Communication: "Say What You Mean, Own What You Say"
- Dealing Efficiently With Negative Attitudes (Yours Too!)
- Becoming Solution Oriented
- Pumping up Energy at work and at home
- Exercises in Creative Problem Solving: Learning Through Experiencing