

## Inspired Impressions! Ezine

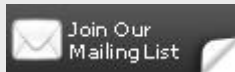
October 2013

Volume 33

As an inspirational speaker, captivating author and successful entrepreneur, Tracy Butz engages individuals and organizations, empowering them with innovative concepts and tools to become architects of their own lives.

### In This Issue

Insights & Inspiration  
Key Concept  
Opportunities to Connect  
News to Share  
Inspirational Products



### Quick Links

[Monday's Motivational Message](#)  
[Butz's Blog](#)  
[Linkedin](#)  
[Facebook](#)  
[Popular Keynote Messages!](#)  
[Workshops](#)  
[Live Video-clip of Tracy](#)  
[Inspirational Gifts](#)

### Welcome!

#### Welcome to Inspired Impressions!

It's an informational monthly Ezine, with each issue designed for you, including:

- Personal insights and inspiration
- A relevant key concept
- Interesting business news to share
- Upcoming opportunities to connect
- Inspirational products designed for you



### Insights & Inspiration



#### Short & Savvy Sessions!

Is your organization ever looking for a speaker who can share a short dose of high content with a lot of engagement and interaction?

If so, I have just launched one or two hour **Short & Savvy Sessions** that can be easily used as a lunch 'n learn program, conference segment, meeting topic, department training session, a learning breakout, etc. Below are the topics with a link to the program overviews below.

- Resilience: The Courage to Come Back
- Enhancing Group Dynamics in Meetings
- Challenge Your Brain to Enhance Personal Development
- Simple & Savvy Workplace Etiquette
- The Eggsact Moment of Truth (*team-building activity*)
- Inspiring Creativity & Innovation (*available in 2014*)
- The Art of Small Talk (*available in 2014*)

[Click here to see session descriptions!](#)

Contact me today to learn more or schedule a session!  
920-450-2118  
[tracy@tracybutz.com](mailto:tracy@tracybutz.com)

## Key Concept



### Power Naps to the Rescue!

At a recent speaking engagement, I began talking with a very friendly lady who shared an interesting point with me. She had spent the majority of her adult life living in Greece, until their economy began to deteriorate, where she then moved back to the US. However, while living in Greece, it was very normal for people to take mid-day naps each and every day, something she truly misses now living in another part of the world.

After conversing with this woman, I began to think about my childhood and how my Mother would rest every day in the afternoon, sometimes sleeping soundly and other times just relaxing. She strongly guarded this time as hers, which makes perfect sense to me today. I don't know about you, but when I am looking for a quick recharge, a chug of caffeine doesn't usually do it for me. Instead, setting my alarm and closing my eyes for 20 minutes or so usually makes a big difference and provides the oomph I am looking for.

In fact, according to Sara C. Mednick, PhD, sleep expert and author of *Take a Nap! Change Your Life*, "You can get incredible benefits from 15 to 20 minutes of napping." She says, "You reset your system and get a burst of alertness and increased motor performance. That's what most people really need to stave off sleepiness and get an energy boost." Research has found that napping regularly may reduce stress and even decrease your risk of heart disease, as well.

So the next time you need to recharge, don't lean on caffeine for help. Instead, power up with a short nap to boost your memory, cognitive skills, creativity and energy level.

## Opportunities to Connect

Please get in touch with me if you want to connect when I'm in your area or if you're interested in a similar program for your organization.



### October 1

#### **Tame the Turbulence! Avoid Losing It. Fly Through It.**

West Bend, WI  
Private Client

### October 2

#### **Team Dynamics: Working More Effectively with Each Style**

Online Learning Webinar  
NAMIC's T.E.A.M. Certification

### October 8

October issue is released for *Women Magazine!*  
Title of my monthly column is "The Grace of Gratitude"

### October 9-11

#### **Tame the Turbulence! Avoid Losing It. Navigate Through It. and Clear, Concise & Confident Communication**

La Crosse, WI  
WI State SHRM Conference (*Society for Human Resource Mgmt*) [Click here for more information!](#)

### **October 15-16**

#### **Engage & Inspire Your Workforce (2 sessions)**

Onalaska, WI

Private Client

### **October 18**

October issue is released for *NAMIC's IN Magazine*

Title of my published article is "Forget Perfect"

### **October 24**

#### **Respectful & Candid Dialogue**

Online Learning Webinar

NAMIC's T.E.A.M. Certification (*National Association for Mutual Insurance Companies*)

### **October 24**

#### **Tame the Turbulence! Avoid Losing It. Fly Through It.**

Green Bay, WI

Annual Meeting - Private Client

### **October 29**

#### **Clear, Concise & Confident Communication**

Online Learning Webinar

American Staffing Association

### **October 31**

#### **Candid Conversations that Drive Results**

Appleton, WI

Private Client

## **News to Share**

### **Monthly Columnist for Women Magazine**

As you know, I write a monthly column for *Women Magazine*, written for and about women of Northeast Wisconsin, serving them with helpful tips and insight. The **September** column is entitled, "**Choose to Be Happy.**" [Click here to read it!](#)

**women**  
magazine

To read or subscribe to this awesome magazine, inquire at [www.mywomenmagazine.com](http://www.mywomenmagazine.com).

#### *Past Articles Published:*

May 2013 - "[Cut the Chaos!](#)"

June 2013 - "[Forget Perfect](#)"

July 2013 - "[Make Today a Fundae!](#)"

August 2013 - "[Treat the Disease to Please](#)"

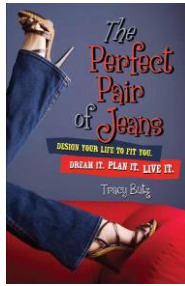
**Inspirational Products ~ Perfect gifts or tokens of appreciation!**

These inspirational products make perfect gifts or represent a special way to express appreciation to an individual or team. Say 'thank you' or recognize someone today!

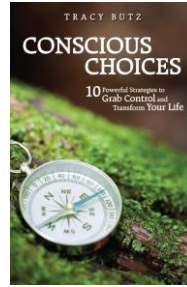
**To purchase inspirational products - click here!**



**Tame the Turbulence**  
\$17.95  
\$18.95



**The Perfect Pair of Jeans:  
Design Your Life to Fit You**



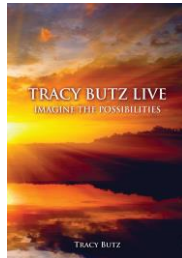
**Conscious Choices**  
\$16.95

NEW!



**Inspirational 4-min. Movie!**  
\$14.95

[To preview this movie, click here!](#)



**Live Keynote:  
"Imagine the Possibilities"**  
\$18.95



**Monday's Motivational  
Message (Minibuk®)**  
\$5.95

**Moments of Motivation**  
Five Minibuk® Series (pix below)  
\$29.75



**To shop for and purchase inspirational products, click here!**



Helping you to create the life you want to live!

**Tracy Butz**  
Think Impact Solutions  
920.450.2118

Think Impact Solutions | PO Box 1414 | Appleton | WI | 54912