

Inspired Impressions! Ezine

January 2014

Volume 36

As an inspirational speaker, captivating author and successful consultant, Tracy Butz engages individuals and organizations with actionable tools, empowering them to live more productive, passionate and purposeful lives.

In This Issue

Insights & Inspiration
Inspirational Products
Key Concept
Opportunities to Connect



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



Secret Signals Restaurants Use to Talk about YOU

When you dine at a nice restaurant, have you ever noticed the signals that waiters sometimes send to one another? If you haven't, consider paying close attention to hand gestures and see if you can figure out what is being communicated.

Do you know what these hand signals mean?

- Hand closed into a fist, with only a thumb pointing out
- Hand flat, moving slowly left to right
- Hand flat, with fingers moving like a jelly fish
- Hand shaped like a "C" in front of chest
- Hands pointed out, palms together, open/close as a book
- Run hand over head...a bald head works best
- Peace signal positioned to the side

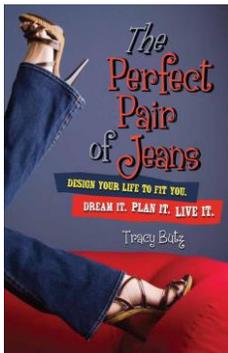
To help you out, here is a short article and 3-1/2 minute video clip that walks you through several of the most popular hand gestures. [Click here to read short article & view video clip.](#)

Hopefully this information will help you better understand what others are communicating to enhance your dining experience...or maybe to let the other waitstaff know they should stay clear from approaching your table...ah, just kidding!!!

Inspirational Products ~ Perfect gifts or tokens of appreciation!

Empower others to be more productive, passionate and purposeful in 2014! Use these actionable tools to further develop employees and also retain your valuable customers.

Enjoy a **35% discount** on this month's featured book: *The Perfect Pair of Jeans: Design Your Life to Fit You. Dream It. Plan It. Live It.* One specific chapter of this hard-cover book is dedicated to achieving your goals for 2014. Are you interested in reading a bit before you buy?!? Check out the link to a **free chapter** below!



Here is a complimentary excerpt from **Chapter 4** of this book entitled, "**Commit to Goals.**" [Click here to read it!](#)

All orders include a complimentary minibuk, "Monday's Motivational Message" (\$5.95 value). Start every week in 2014 with a dose of motivation.

[Click here for more information or to order online!](#)

Discounted price is \$12.30 (instead of \$18.95).
Offer good through January 31, 2014.

Key Concept



Finesse Your Flaws

Do you know what your top three weaknesses or flaws are? If you don't, find out what they are by seeking feedback from a trusted colleague, friend or mentor. None of us are perfect; yet, by realizing specific traits where we lack strength, we can work to finesse them a bit to diminish their glow.

For example, let's look at three random imperfections where you may struggle. For each flaw, one tip is provided to help combat that weakness:

1. **Diminished self-confidence.** Tip: Think back to a past experience when you did something unfamiliar or new for the first time. You'll likely recall feelings of nervousness and uneasiness, both of which are a natural part of the learning process. When faced with a similar situation in the future, take a moment to step back and realize that it is okay to feel more anxious than usual. Feeling less-than-confident when discovering something different is not only normal, but it would be uncommon if you didn't.
2. **Easily overwhelmed.** Tip: One of the most effective ways to make a task seem less overwhelming and easier to accomplish is to set multiple small goals. By identifying a starting and an ending point for each goal, you can easily see and track your progress, realizing when you have successfully completed one key aspect of it. This strategy provides a sense of achievement and gives you a concrete idea of how much you have achieved as well as how much remains to be done.

3. **Usually arrives late.** Tip: I used to suffer with this flaw horribly until someone told me that I am sending the message that my time is more important than the person who is expecting me. That realization was alarming to me and was a significant motivator in changing my behavior. My solution was to get up or begin getting ready for the event 15-30 minutes earlier than I originally planned. By padding my schedule with some extra time, I found the entire situation to be less stressful and more easily manageable (when unexpected issues arose). More importantly, though, I also found that by arriving to my destination early, I felt an enhanced sense of poise and self-assurance, giving me greater confidence with the activity I was about to engage in. You gotta love it when one idea addresses two challenging flaws.

Remember that everyone has flaws and rather than masking them, choose to finesse them. You'll be glad you did.

News to Share

NEW! The Marshmallow Challenge!

If you need to kick-start an event, get a team into a creative frame of mind, or simply want to encourage your organization to think about what it takes to dramatically increase innovation, invest 45-90 minutes to experience our new team-building program, *The Marshmallow Challenge*.

[Click here for a program overview!](#)

The Eggsact Moment of Truth - A fun and innovative team-building program focused on planning and executing, creativity, teamwork, communication, resource management and decision-making skills. [Click here for a program description!](#)

NAMIC

The difference is in the experience

I periodically write for NAMIC's Mutual INbetween publication. Here is my article for the most recent issue entitled, "Forget Perfect."

[Click here to read article!](#)

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 latest column is entitled, "Make Decisions Confidently." [Click here to read article!](#)



Follow me on Twitter @Tracy_Butz to read my Monday's Motivational Messages.

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.



January 16, 2014

Inspiring Creativity & Innovation and

The Art of Small Talk and

The Eggsact Moment of Truth (team-building activity)

Oshkosh, WI

Private Client

January 21-22

Keynote: Candid Conversations that Drive Results

St. Pete Beach, FL

GenRe Winter Executive Forum

[Click here for more information or to register!](#)

February 4

Make Your Minutes Matter *and*

Emotional Intelligence: The Impact of Emotions in the Workplace

Appleton, WI

Private Client

February 13

Candid Conversations that Drive Results

Neenah, WI

Private Client

February 26-28

Embracing the Challenge of Change *and* Engage & Inspire Your Workforce

Chicago, IL

NAMIC CL Underwriting Seminar

[Click here for more information or to register!](#)



Helping individuals and organizations live more productive, passionate and purposeful lives!

Tracy Butz

Think Impact Solutions

920.450.2118

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