

Inspired Impressions! Ezine

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Volume 49

Speaker · **Author** · **Consultant**

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

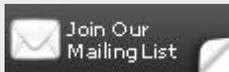
Deal of the Month

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Time for Fun!

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Quick Links

[Impact Central™](#)

[Monday's Motivational Message](#)

[Butz's Blog](#)

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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 and fun products



Insights & Inspiration



"What 60 Years of Research Has Taught Us About Willpower"

The marshmallow experiment shouldn't need an introduction. In the early 1960s, a group of preschoolers at Stanford University's Bing Nursery School participated in a study that would change how psychologists think about willpower.

Preschoolers were led to a room where researchers gave them a choice between one reward (a marshmallow) that they could enjoy immediately, and a larger reward (two marshmallows!) if they abstained from eating the first marshmallow for 20 minutes. Did the preschoolers hold out for double the prize? [**Click here to read balance of the article!**](#)

DEAL OF THE MONTH: *Tame the Turbulence book*



TAME THE TURBULENCE is a must-read for every person who has ever felt like life is spiraling out of control. It is for every person who feels like you're a magnet for tough stuff and your plate is overflowing with to-dos. Filled with poignant stories and thought-provoking questions, ideas and solutions, this book will help you to take control over negative stress, better prevent and reduce stressors you endure, and live a more productive, balanced and meaningful life---one with less stress and greater success.

Become the pilot in your life.
"Tame the Turbulence. Avoid losing it. Fly through it."

DEAL: For the month of May, purchase this book for **only \$10**, instead of the retail price of \$18.95. (*applicable S&H fees apply*)

[Click here to order it today!](#)

Key Concept



"Survive the Insanity: C.O.P.E."

We are constantly bombarded with messages to "buy more, do more, and be more." Life has become overwhelming for many. We feel we need to look younger, become richer, feel happier, work quicker, be thinner, drive harder, run farther, think bigger, dress trendier, eat healthier, walk taller, drive safer, go faster, live bigger ... and the list goes on. It's exhausting to think about and even more wearying to act out. My cure for craziness is...[click here to read more!](#)

What's New!



Two New Programs!

We are proud to introduce two new programs to our amazing list of offerings. Simply click on the titles to see a full overview and description.

[The Power of Four: Understanding the Challenges and Value of Generational Differences in the Workplace](#)

[Professional Impressions: Executing Savvy Workplace Essentials](#)

For a complete listing of ALL WORKSHOPS, [simply click here!](#)

For a list of our most popular KEYNOTE presentations, [click on this link!](#)

Time for FUN!



"Dash Cam Duet!"

You may remember the video link I posted a couple months back of the Dover Police Officer lip-syncing to Taylor Swift's hit, "Shake It Off". Here is a follow-up to that video, which includes a buddy of his. Nothing work-related about this...unless you want to tie it to "happiness on the job!"



Dover Police Dashcam Duet

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.



May 5

Candid Conversations that Drive Results

Neenah, WI
Private Client

May 7

Emotional Intelligence: Managing Emotions to Enhance Performance *and* Mastering the Art of Small Talk

Appleton, WI
[*WVCA - Wisconsin Volunteer Coordinators Association Conference*](#)

May 8

Conquer the Chaos! Stress Less & Achieve More

Wausau, WI
Private Client

May 13

Engage & Inspire Your Workforce

Elkhart Lake, WI
Private Client

May 26

Conquer the Chaos! Stress Less & Achieve More

Green Bay, WI
Private Client

May 28

Platinum Service: Mindful, Meaningful & Memorable *and* Resilience: The Courage to Come Back *and* Mastering the Art of Small Talk

Oshkosh, WI
Private Client

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

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