

Inspired Impressions! Ezine

September 2015

Volume 52

Speaker · Author · Consultant

As an engaging speaker, captivating author and successful consultant, Tracy Butz provides actionable strategies and solutions, helping others to live more productive, passionate and purposeful lives.

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WELCOME!

Welcome to **Inspired Impressions!**

It's an informational and inspirational monthly Ezine, filled with personal insights, interesting business topics, helpful strategies, inspiring stories, opportunities to connect, etc., with each issue designed with you in mind.

I hope you enjoy this month's issue and are able to apply at least one idea into your professional or personal life.



CHANGE. HOW DIFFICULT IS IT and WHAT MAKES US DECIDE TO DO IT?



I pride myself in sharing honest real-world examples when I speak. It helps me relate, connect, and invoke a sense of vulnerability, which appears to help my audiences hear the message more deeply, but also helps me to understand them better. I have learned that when I share, my audiences give back more to me and to the rest of the audience, which makes the experience together that much more meaningful, helpful, and yes, actionable.

At times, when appropriate, I also impart very personal stories. One specific story that some of my audiences have heard me share was one concerning someone very dear to me. Let's refer to him as Tanner. I thought I would take a moment to share "the rest of his story."

As some of you know, he has struggled with drug use the last three years. He suffered an overdose, spent a week in the hospital, and was unsuccessful in an in-patient program, an intensive out-patient program, one-on-one counseling, and even a residential treatment facility. He served five terms in a county jail, and even wore orange on his 18th birthday. Was that enough to change? According to Dr. Ray Levey, Founder of the Global Medical Forum, "The odds are nine to one against him."

One thing I do know is that telling someone that drugs are bad, or anything else for that matter, doesn't make someone want to stop that behavior. Knowledge doesn't lead to change. Change occurs as a result of a new habit that includes a positive feeling. [\(Click to continue reading!\)](#)

INSPIRATION BY "NATURALLY 7"



One-of-a-kind R&B group "Naturally 7" practices vocal play - the art of using the human voice to mimic instruments. It's as if a beatboxing troupe decided they could "-box" a whole orchestra: flute, horns, drums, guitar - building a vocal wall of sound through their smooth single, "Fly Baby." (3:57min).



Naturally 7

SMALL TALK. NETWORKING. CONNECTING. ARE YOU GOOD AT IT?

Have you ever wondered how some people can enter a roomful of strangers and strike up a conversation with practically anyone, yet others struggle just to say hello? Interestingly, it may not be as easy for some as it appears.

Yet, the first step in mastering the art of small talk is preparing what YOU want to talk about. Here is a helpful acronym!

- F** - Family
- O** - Occupation
- C** - Commonality - wearing a necklace you like, carrying a book, event name tag, etc.
- U** - Unusual
- S** - Scenery

- N** - News - positive & non-controversial news topics (*online/television ahead of time*)
- O** - Opinion - ask opinion on something or state yours and ask what he/she thinks
- T** - Trips

- F** - Food
- E** - Environment - surroundings, what catches your attention (*ambiance, smell, outfit, etc.*)
- A** - Admiration
- R** - Recreation

Remember... "small talk" is not really about talking. It's about feeling comfortable enough to connect. So plan what you can comfortably talk about in advance to help you better engage in the conversation and make it meaningful.

WHAT IS TIME? TIME IS EMOTION.

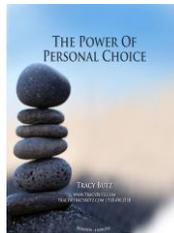
Tony Robbins, life coach and motivational speaker, shares how emotion plays a key role in how we spend our time.



4:20 min.

INSPIRATIONAL PRODUCTS

Kick off or close your next meeting or event with a dose of motivation! This short inspirational movie (DVD) reinforces the importance of how choices affect our lives. It's filled with inspirational quotes, beautiful images and an uplifting melody (4 min).



[Click to learn more or purchase one today for only \\$14.95!](#)

New E-LEARNING PROGRAM!

Enjoy a **FREE** preview of our newest **e-learning** program entitled,

"Clear, Concise & Confident Communication."

Program Description:

The ability to effectively organize our ideas and communicate them clearly, concisely is now a core skill. Whether we need to illustrate our point one-on-one, in a small group, over the telephone, via email or present a concept to a larger group, we all realize that how we communicate our message can dramatically affect the outcome. Learn to quickly structure your ideas and communicate them in a logical manner, allowing you to answer questions quickly and confidently, while also maintaining poise under pressure.



[Click here to download and print the full handout.](#)

Experience quality content and design.

[Click here to begin engaging in the FREE e-learning program preview.](#)

Engage, learn and apply.

[Click here to view other e-learning programs or to purchase the full version of "Clear, Concise & Confident Communication."](#)

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.



September 8

**Embracing the Challenge of Change AND
Resilience: The Courage to Come Back AND
Candid Conversations that Drive Results**

Oshkosh, WI
Private Client

September 9

**Inspiring Engagement: The Link to a High Performing Organization AND
Embracing the Challenge of Change**

Stevens Point, WI

[*Click here to register or obtain more information about event!*](#)

September 15

Clear, Concise & Confident Communication

Neenah, WI
Private Client

September 18

Candid Conversations that Drive Results

Green Bay, WI
Private Client

September 22

Embracing the Challenge of Change

Indianapolis, IN

IIBA Central Indiana's Professional Development Day

[*Click here to register or obtain more information about event!*](#)

September 23

**Candid Conversations that Drive Results AND
Enhancing Group Dynamics in Meetings**

Carmel, IN
Private Client

September 24

**Mastering the Art of Small Talk AND
Make Your Minutes Matter! Achieve Maximum Results in Minimum Time**

September 28

Attracting, Engaging & Retaining the Workforce of Tomorrow

Virtual session @7am PST; Live session @ 3:30pm PST

NAMIC's National Convention - [*Click here to register or obtain more information!*](#)

San Diego, CA

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

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