



Inspired Impressions! Ezine

January 2016

Volume 55

Speaker ▪ **Author** ▪ **Consultant**

As an engaging speaker, captivating author, and successful consultant, Tracy Butz delivers actionable tools to further engage employees, energize workplace culture, and empower high performance.

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WELCOME!

Welcome to **Inspired Impressions!**

It's an informational and inspirational monthly Ezine, filled with actionable strategies to engage you/your employees, energize your culture and empower high performance.

Each issue is designed with you in mind and includes personal insights, interesting and relevant business topics, helpful tips and tools, inspiring stories, and opportunities to connect.

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



BE HEALTHY. BE HAPPY.

Be Healthy: ☀️ Be Happy

What keeps us happy and healthy as we go through life?
If you think it's fame, wealth and high achievement, you're not alone.

But according to Robert Waldinger, Director of the Harvard Study of Adult Development, *you're mistaken.*

[Click here to watch video!](#)

(12:46 min)

IS THERE A SECRET TO ACHIEVING GOALS?

As 2016 is now here, many of you have likely announced your New Year's resolution and have vowed to make it stick. Unfortunately, if you have told other people about your exciting goal, the chances of you succeeding have now drastically diminished.

Watch this short 2-1/2 minute video to better understand and then continue reading below:



But don't dismay! There is still hope if you want to follow through on your resolution or goals for 2016! Here are a three ideas that have helped me not only accomplish, but surpass my goals throughout the years:

1. **Identify short-term goals and celebrate successes as they occur in your life.** Don't wait until you have accomplished something massively large. We all need affirmation, positive feedback and a pat on the back. For example, when you go to a football game, we don't bottle up our excitement until the end of the game. When a player gets a touchdown or makes a great play, we get jazzed and ... [click here to continue reading!](#)

"MASTERING THE ART OF SMALL TALK" - *Virtual Course of the Month!*

For the month of **JANUARY**, "**Mastering the Art of Small Talk**" is available to you at **50% off** the regular price! Instead of \$99, participate in this virtual learning program for **only \$49!**



[Click here to PREVIEW this course!](#)

(If file doesn't begin playing, open it using Chrome over Firefox search engine)

[Click here to PURCHASE this course now for a 50%!](#)

Impact Central® is our on-line or virtual learning center that includes interactive courseware designed with dynamic content---including videos, audio explanations, pictures/illustrations, applicable examples, demonstrations, and collaborative question/response cues. This professional and intuitive tool makes virtual learning easy to maneuver and fun to engage in, while offering content-rich courseware. Experience quality content and design. Engage, learn and apply knowledge quickly.

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***Each month during 2016, we will feature one interactive online course at a special price!

THE MAGICAL ROAD TO SWEET SURPRISES

Successful individuals are often described as those who can delay instant gratification and make sacrifices in the short term so that they can enjoy far greater rewards in the long term.

In contrast, those who think more about short term pleasure and immediate gratification with little thought given to long-term planning, are often associated with far less success throughout their life.

Just like kids want to make it to Cupcake Commons or the Chunky Chocolate Mountains in the classic CANDY LAND® game, make your way to the castle and reap your reward of success through planning, preparation and foregoing instantaneous gratification.



This road may not be magical, but it will be sweet.

If you are interested in learning more about how I can help you, your team, or your entire organization with skills such as making better choices or planning/goal-setting, click on the link below to see an overview of all of my workshops.

[Click here for an overview of all workshops!](#)

SEE TRACY BUTZ LIVE!



"Be the Architect for Your Life: Dream It. Plan It. Live It." 5:42 min.

I am proud to introduce my **NEW DEMO VIDEO** from a keynote presentation this past summer entitled, *"Be the Architect of Your Life: Dream It. Plan It. Live It."* I engaged a group of 400+ at their National Convention.

Brandon Mueller, owner of **Shoot. Edit. Deliver.**, is the master behind this video creation. Check out some of his other cool projects [by clicking here!](#)

LET'S CONNECT *Live!*

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

January 7, 2016

Inspire Creativity & Innovation to Cultivate Change

Appleton, WI
Private Client

January 13

Be the Architect for Your Life: Dream It. Plan It. Live It.

Chicago, IL
Professional Women's Club of Chicago

[For more information, click here!](#)

January 22

Design Your Life to Fit You--Just Like the *Perfect Pair of Jeans!*

Milwaukee, WI
Leadership Insight Event

January 26

Emotional Intelligence: Managing Emotions to Enhance Performance

Fond du Lac, WI
Private Client

January 27

Candid Conversations that Drive Results

Appleton, WI
Private Client

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We have a nice variety of both inspirational and educational products, including books, numerous motivational prints, DVDs, and more. Any of these products make great rewards or gifts for family, friends, colleagues, teams or entire departments!

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Helping teams and organizations to further engage employees, energize workplace culture, and empower high performance.

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