



Tracy Butz presents

Tame the Turbulence!

Avoid Losing It. Fly Through It.

THE SPEAKER

Tracy Butz is an engaging, powerful and poignant speaker who captivates and inspires audiences. She brings more than 20 years of speaking experience from both large- and small-size audiences including the US Army, Motorola, Shopko, Plexus and Subway, just to name a few. Tracy speaks to and influences the lives of many through her keynote messages, interactive and learning-focused workshops, books, DVDs and numerous other products.

As a coveted Certified Speaking Professional™ (CSP), Tracy holds the highest honor in the speaking profession, held by only 12 percent of speakers worldwide. It can only be earned by demonstrating exceptional speaking ability, outstanding business management, recognized ethics and integrity, and a proven track record of distinguished professionalism and success.

THE AUTHOR

Tracy loves to immerse readers with compelling content, powerful stories and vivid examples, as evidenced by her four captivating books—*HOLY COW!*, *Tame the Turbulence*, *The Perfect Pair of Jeans*, and *Conscious Choices*. In addition to writing books, Tracy frequently shares her insight through her blog, popular social media platforms, various industry journals, and has even been featured as a monthly magazine columnist.



THE MESSAGE

In this hectic and chaotic world, we are constantly facing turbulent circumstances and feeling out of control, with stress considered by many experts, to be the number one health problem today. The undeniable daily demands on our time and attention can leave us feeling overcommitted and overwhelmed. Instead, choose to become the pilot in your life and Tame the Turbulence! Tracy's practical applications will help

you to live a more productive, balanced and meaningful life—one with less stress and greater success. You will walk away inspired to make positive, long-lasting changes, with enhanced insight, optimism and confidence.

KEY TAKEAWAYS:

- Identify triggers that cause you to experience negative stress and take steps to avoid them.
- Stay calm, take control and effectively maneuver through obstacles and unavoidable stressors.
- Live a more positive, productive and balanced life—one with less stress and greater success.