

## michael's dynamic presentations

### "THE ENERGIZED APPROACH" FOR EFFECTIVE LEADERSHIP, ORGANIZATIONAL GROWTH AND POSITIVE CHANGE

**T**here are 3 certainties in life: death, taxes...and change! Organizations spend an abundance of time, money and resources in an effort to drive change. All too often these efforts fall short of expectations. There is hope! In most cases the problem isn't the change itself. It's the environment into which the change is introduced and the methods used to introduce, implement and support this change. In "The Energized Approach" Michael introduces the 10 essential energy sources and offers time-tested strategies to minimize resistance, maximize participation and create the energy that is essential for success.

### IF CHANGE WERE EASY, WE'D ALL BE PERFECT

**D**o you eat right, exercise regularly and avoid things that are bad for you? Ever cut a corner to get something done quickly? Even though we know the right things to do, we don't always do them (and then we act surprised when others behave the same way!) In this lively, energetic, fun-filled session, Michael examines this humorous and often frustrating side of human behavior... resistance to and struggle with CHANGE. Through the use of REP: The Rational, Emotional and Physical Approach for Promoting Change, Michael helps you better understand what drives behaviors, and more importantly, offers practical strategies for steering them in a positive direction.

### FROM KNOWING TO DOING: GETTING THE MOST FROM YOUR EMPLOYEE TRAINING EFFORTS

**W**hen it comes to training, "what is said" by an instructor is not always "what is heard" by the audience. To complicate matters, what the audience hears doesn't automatically turn into what it does when the class is over. In this fun, high energy and practical session Michael introduces REP: The Rational, Emotional and Physical Approach to Effective Training. The REP approach helps organizations maximize training effectiveness by focusing not only on how information is delivered, but also on how it is received and put into practice.

### THE LIGHTER SIDE OF SITTING, STANDING, LIFTING AND STRETCHING

**D**id you know that there is no "right" way to lift or sit? Want to know what it means to "let your body breathe"? In this high energy, interactive session Michael dispels the myths surrounding "proper" body mechanics and offers practical and effective strategies to increase comfort and productivity in any work environment. This popular session is a refreshing departure from the typical "sit back and listen" presentations as participants gain valuable information while getting up, moving and becoming energized.

### SURVIVING A MULTI-DAY CONFERENCE

**A** great opening for your full day or multi-day conference! Organizations conduct conferences to motivate and energize audiences, yet prolonged sitting combined with changes in sleeping, eating and exercise habits often have the opposite effect. In this fun, high energy and hilarious session, Michael examines the physical and psychological demands of a conference and provides practical tools to help participants remain "energized" throughout the event.

## MICHAEL MELNIK M.S., O.T.R.



Michael is an Occupational Therapist with a Master's degree in Exercise Physiology. For more than twenty years, Michael has delivered his high-energy message to over a quarter of a million participants throughout the USA, Canada and Australia. He is the author and talent in several award-winning videos utilized by numerous Fortune 1000 companies.

When an organization is looking to effectively implement change or simply wants to "energize" the work environment, Michael's presentations hit the mark. With his simple, practical and time-tested tools, Michael's message promotes positive changes long after your event is over.

"THE ENERGIZED APPROACH"™