



Results-Oriented Workshops at Your Location

Time Management and Stress Management Programs
to help your team benefit from productive days and restful nights



Time Superstar™
and
Success Under Stress™

from



**Training Services
On Demand®, Inc.**
www.tsod.com



Time Management: Boost Your Effectiveness

TSOD's results-oriented, half-day Time Management Training Programs benefit your team by:

- **Revealing more than 100 proven tips**, tricks and techniques to shave minutes from daily chores, creating time for more meaningful pursuits,
- **Identifying personal growth areas** through scientific assessments guaranteed to pinpoint easy opportunities for increased efficiency,
- **Motivating participants** to create and achieve meaningful goals in both their personal and professional lives,
- **Exploring the Time Superstar**, a five-point system for developing more effective professional habits, and
- **Empowering participants to create a customized, personalized learning experience** that they'll enhance during interactive small-group exercises. Through professionally guided brainstorming sessions, your team will generate innovative productivity solutions that will **add value and enhance morale**, year after year.



Programs for Your Team, Specifically

Conducting an onsite time management program for your team:

- **Ensures that you'll benefit from team-specific conclusions.** You won't sit in a one-size-fits-all hotel seminar designed for the slowest learner in the room.
- **Allows all participants to enjoy new insights and abilities**, regardless of what calendar system or PDA they use. Our programs are designed to enhance your effectiveness, not as a sales pitch for a specific product.
- **Reduces your bottom-line cost considerably**, as compared to the expense of shipping employees to hotel seminars one-by-one.
- **Saves time**, since you'll graduate from an uncommonly effective learning experience in just four hours. And yes—we know what you're thinking—it's ironic that the time management workshops designed in the 1970's and 1980's still require two tedious days of training.



Until we've worked with your team to brainstorm customized time management solutions, you haven't had time management training.





Proven Results, Guaranteed Reliability

We'll work with your group of 10 or more persons—at your location—to create time management solutions you'll actually use.

You'll receive a program created for your team, by your team, benefiting your team.

Our Time Superstar™ program is popular nationwide—as companies like Verizon, VF Corporation, and Morton Salt, work with us to boost organizational effectiveness through a team approach to time management.

Time Management is one of our most popular "repeat customer" programs, and for a good reason: When we help an employee reclaim twenty minutes of daily productivity, that employee repays the investment with two weeks of new productivity each year.



Imagine the bottom-line results for a full team!

Get to Know Time Superstar...

...An up-to-date professional effectiveness program designed for today's distraction-heavy professional environment.

Your team deserves the latest, best thinking in time effectiveness, and it's only available here.

[Read the Course Description](#)

[See the Course Datasheet: Details, Details, Details](#)

[When You're Ready to Schedule: www.tsod.com/express](http://www.tsod.com/express)





Stress Management: Healthy Habits for Fast-Moving Teams

Success Under Stress™ Helps Your Team:

- **Move past the emotional and interpersonal issues** that often impede team productivity,
- **Accept change** by exploring our natural reactions to uncertainty,
- **Manage interpersonal stressors** by assessing conflict modes and revealing dispute resolution tactics,
- **Uncover the root cause of personal stressors**—the hot buttons that are easier to avoid once they're recognizable,
- **Develop solid stress coping skills**, helping to boost morale and prevent burnout, and
- **Make commitments** that support a healthy, productive lifestyle.

As Much Fun As You Can Have Discussing Stress

You'll leave the course refreshed and energized!

The last thing a stressed employee needs is a dark, foreboding discussion of stress. This program sets a new standard for a positive, productive discussion of this vital topic. The program is interactive. It's incredibly colorful. It's actually... well... fun!

The course graphics alone are noteworthy: more than 90 professionally designed audio/visuals featuring a diverse array of relaxing vistas... You'll visit beaches, rainforests, and waterfalls as you progress through the curriculum content.

You'll receive the *Success Under Stress* workbook, a 60-page, plain-language guide to stress management. You'll receive expert advice from Frank Whyte, Ph.D. or one of his hand-picked facilitators.

You'll make new, healthy commitments that benefit your career and your personal life.

You'll graduate equipped for *Success Under Stress!*





A Perfect Complement to Time Superstar™

Combining two great sessions gives your team a full day to refresh & recharge...

Because stress so frequently flows from time issues, Success Under Stress™ is designed to dovetail with Time Superstar™. This one-two punch gives your team the skills and insights they need to thrive in a fast-paced environment.

This half-day stress management program can be conducted in a standalone format, but we recommend that only in environments where refined time management practices already exist.

Enjoy Success Under Stress...

...A revealing and energizing exploration of the emotion that drags us down or propels us to greatness!

Hard-driving teams need this informative session to stay hot, while avoiding burnout!

[Read the Course Description](#)

[See the Course Datasheet: Details, Details, Details](#)

[When You're Ready to Schedule: www.tsod.com/express](http://www.tsod.com/express)



Time & Stress Management Workshops



It's a fine pen.

But you shouldn't have to pay extra for it.

Or for instructor expenses.

Or for student materials.

Or for anything else.

TSOD's All-Inclusive Tuition...

...includes facilitation services, participant materials, and instructor expenses. It means that your workshop investment is reasonable and predictable.

Simplified Scheduling

Log on to

www.tsod.com/express

to receive a Service Agreement by fax.

You can schedule your team's training program yet today!

www.tsod.com

800-810-TSOD

**Training Services
On Demand, Inc.**

Copyright ©2004; All Rights Reserved



Comprehensive Course Kits, Yours Free

Tuition includes course books that you'll customize during your workshop, creating personalized plans for boosting your quality of life.

In fact, we'll supply everything your team needs to achieve maximum benefit from their learning experience.