

## FREQUENTLY REQUESTED TOPICS INCLUDE:

### **Why the Bright Side Is *Always* the Right Side: Positive Attitudes for the Workplace and Our Personal Lives**

No one wants to be negative and unhappy, but too many of us don't know how NOT to be. This electrifying program, described by excited clients as "the most right-on and timely discussion ever heard on creating and keeping a positive attitude," can help everyone feel hopeful and encouraged, even the most anxious and negative. Linda, once labeled by family and friends as "the most negative person in the world," demonstrates that LEARNED OPTIMISM is not just an academic exercise. Timely for any group and customized appropriately for each audience. *(flexible length)*

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### **Learned Charisma: It's Not Just for the Special Few!**

Charisma or personal magnetism is an important factor in our success, wherever and whenever we seek to build relationships. According to Harvard anthropologist, Charles Lindholm, "Charisma is the ability to create an inexplicable tie between other people and yourself." For too long most of us have believed that only a lucky few were born with this "divine gift" called charisma. This presentation asserts that charisma rests within each one of us as potential; that people we label as "charismatic" were born with it - but ALL of us were born with it; and that by developing certain personal qualities and social skills we can bring out the charisma that is already there. *(flexible length)*

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### **In the Face of Change: Laughing, Crying, and Finally THRIVING**

Even though most of us are resistant and fearful, we really CAN be inspired to look at change in bold and refreshing ways! This powerful and funny presentation, combining "Linda stories" with audience-relevant issues, is like a laser beam that undoes the obstacles in our minds we've built against change - whether internally or externally motivated. Perfect for individuals, businesses, industries, and professions needing to melt resistance and negotiate transition more quickly. Customized. *(flexible length)*

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### **WOW! Service Begins As A State of Mind**

Every quality organization wants to provide internal and external communication that is nothing less than WOW! This uncommon level of service, however, is never successfully mandated. Instead, it radiates from people who have cultivated SERVICE as a quality of their minds and hearts. This upbeat, funny, and transformative program ignites the desire to serve by teaching in compelling ways the power of commitment; the universal needs of every customer; how to fulfill those needs; and the most important communication skills. As requested, this program can emphasize serving our internal customers (teamwork) as well as external customers. *(flexible length)*

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*Special multi-hour training programs* for managers, supervisors, directors and others charged with overseeing employee performance:

### **A Toolkit for Motivating, Leading, and Retaining Employees**

### **Leading Employees Through Change**

**Topics are mixed and matched to accommodate needs.**



Keynotes, seminars & workshops to  
**MOTIVATE, EDUCATE, INSPIRE**

Linda Cirulli-Burton  
7810 S.W. 36th Avenue

Gainesville, Florida 32608

Tel: (352) 335-4900 Fax: (352) 335-0507

E-mail: [linda@lindatalks.com](mailto:linda@lindatalks.com)

[www.lindatalks.com](http://www.lindatalks.com)

*Programs Are Highly Customized to Respond to  
Your Group's Needs!*

### **Motivation and Wellness For the New Millennium: Body, Mind, and Spirit**

This lively presentation can stimulate audiences to launch plans for improvement on all levels - physical, mental, emotional, and spiritual. And motivated people are more productive, happier, and positively impact *any* bottom line! Providing a fascinating mix of scientific data, anecdotes, and humor to inspire the pursuit of wellness, this program encourages people who are selectively taking care of themselves to expand their definition of health and inspires others to get off their "butts." *(flexible length)*

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### **A 'Tool Box' to Reduce Stress and Build Stress Tolerance**

This presentation provides information that is substantive, immediately applicable, and fun! Offering a diversity of physical, mental, and emotional tools, the 'tool box' is guaranteed to make an enduring impact on virtually every personality. Included are relaxation techniques, cognitive strategies, nutrition and exercise information, specific communication skills, humor, and dozens of one-minute stress relief sessions. The 'toolbox' is customized to respond to targeted workplace stressors, as well as general stress. Time management component, as requested. *(flexible length)*

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### **Difficult, Angry, and Nasty People:**

#### **A Survivor's Manual**

Difficult people are an inevitable fact of life - in person OR on the phone! This presentation examines social skills and perspectives that ensure generally good relations with most people; personal self-control and anger management strategies; on-the-spot problem solving; and fresh perspectives and tools for dealing with the chronically difficult person. If appropriate, the challenge of communicating with diverse personality types is also discussed. Customized to respond to specific workplace issues, as well as the general topic of coping with difficult people. *(flexible length)*

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### **Productive Goal Setting For Any Age at Any Stage**

This lively presentation covers the most important factors of successful goal setting, including assessing our current situation, dreaming our dreams, and organizing a unique plan of action to turn these dreams into reality. The hopeful message of "Productive Goal Setting" is that, regardless of our age or stage, we can reinvent our lives with goals! *(flexible length)*