



PROGRAMS



MARTHA LANIER

SEIZE THE MOMENT – Steps to Personal Empowerment

Every day people are stuck living their lives the way they perceive other people think they should. Discover what can happen when you are willing to take risks, stretch your comfort zone and believe in yourself. This entertaining and content-rich program examines ways to expand your vision, develop a plan and remove self-limiting barriers so you can live a life you love!

THE POWER OF INFLUENCE – Leadership Skills for Today’s Leaders

Each day there are opportunities available to influence the lives of employees, customers, family and friends. Suggestions are provided on how to identify, utilize and maximize leadership skills that have a positive impact on bottom line results. Leaders understand how decreasing stress increases overall productivity.

TAKE YOUR JOB AND LOVE IT

By Sunday afternoon, do you find yourself dreading going back to work on Monday? By Wednesday morning, are you hitting the snooze button three or more times before dragging yourself out of bed? You will discover that while 50% of people working today are not totally satisfied with their jobs, you no longer need to be one of them! Find out tips on how to take action, take control and take responsibility so you can breathe new life into your work.

CORPORATE COMMUNICATION SKILLS

Actions, gestures, facial expressions, tone, even posture contribute to the messages we send AND receive when we communicate. People respond differently depending on how they think, what they believe and how they were raised. Ideas reveal how to improve communication by understanding body language, auditory/visual/kinesthetic learning styles, left and right brain thinking, generational differences and DISC personalities.

BUSINESS ETIQUETTE IS ALIVE AND WELL

Is it important whose name you say first when introducing key people? Are the rules for a business dinner the same ones you learned as a teenager? When it comes to email and cell phones, just how important is etiquette? Have we become too busy for manners to really matter? Learn the answers to these questions and remove all doubt about what is proper in a variety of business situations. You will leave this program feeling comfortable and confident on how to handle yourself at corporate meals, with appropriate business dress and overall business etiquette.

TAKE YOUR PRESENTATION SKILLS FROM PETRIFIED TO PROFESSIONAL

Do you have great ideas you would like to share, but your stomach churns whenever you are called on to speak? Just imagine how great it would feel to have people focus on what you are saying rather than on how nervous you appear. This program is not designed for professional speakers, but for people who want to control their nerves, speak with confidence and gain a competitive edge in advancing their careers.

MAINTAINING BALANCE IN AN UNBALANCED WORLD

Making self-care a priority is often overlooked and not considered a priority when it comes to creating a balanced life. Audiences discover they can improve the quality of their work by improving the overall quality of their lives when they control stress and eliminate energy drains.

THE TOTALLY CONFIDENT WOMAN

Women rediscover their uniqueness and maximize their ability to achieve the personal success they deserve. Because so many women manage multiple tasks in both their personal and professional lives, it is now more important than ever to maintain control, balance and focus. Martha helps them realize the value in honoring themselves.

MARTHA LANIER
IGNITE Your Potential Inc
4990 Magnolia Creek Drive
Cumming, Georgia (USA)
770-886-6033 (Atlanta)
Toll Free: 866-IgniteU (866-446-4838)
www.marthalanier.com
martha@marthalanier.com