



Tracy Stock presents

Tame the Turbulence!

Avoid Losing It. Fly Through It.

THE SPEAKER

Tracy Stock is an engaging, powerful and poignant speaker who captivates and inspires audiences. She brings more than 25 years of speaking experience from both large- and small-size audiences including the US Army, Motorola, 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, inspiring books, DVDs and numerous other products.



THE MESSAGE

Today's workforce is experiencing stress in epidemic proportions. The undeniable daily demands on our time and attention often leads to feelings of being overworked, overwhelmed and overcommitted. Rather than spend each day in a frenzy of activities, discover how to take back control of your time and life. Identify triggers that cause stress and learn countless strategies to achieve greater control of how you manage your time and energy. Teach your lips to respectfully say "no" or "not now," set/maintain healthy boundaries, lead

As a coveted Certified Speaking Professional® (CSP), Tracy holds the highest honor in the speaking profession, held by on 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

As a best-selling author, Tracy loves to immerse readers with compelling content, powerful stories and vivid examples, as evidenced by her five captivating books—*Tame the Turbulence*, *Conscious Choices*, *The Perfect Pair of Jeans—Design Your Life to Fit You*, *HOLY COW!* and *The One Choice Rule*. In addition to writing books, Tracy frequently shares her insight through her monthly ezine, popular social media platforms, and her blog.

meetings with positive outcomes, and delegate more often. *Tame the turbulence* and become happier, healthier and more productive.

KEY TAKEAWAYS:

- Prevent and reduce stress by minimizing the frequency and duration of interruptions and distractions, set and maintain healthy boundaries with others, and overcome the stress-inducing habit of procrastination.
- Get more done with clearly defined goals, a de-cluttered workspace, a well-managed email inbox, and a structured process to enhance efficiency—allowing for greater concentration and focus.
- Enhance productivity by saying "no" when necessary, stop wasting time and lead meetings efficiently, and delegate more effectively by empowering others with authority and responsibility.