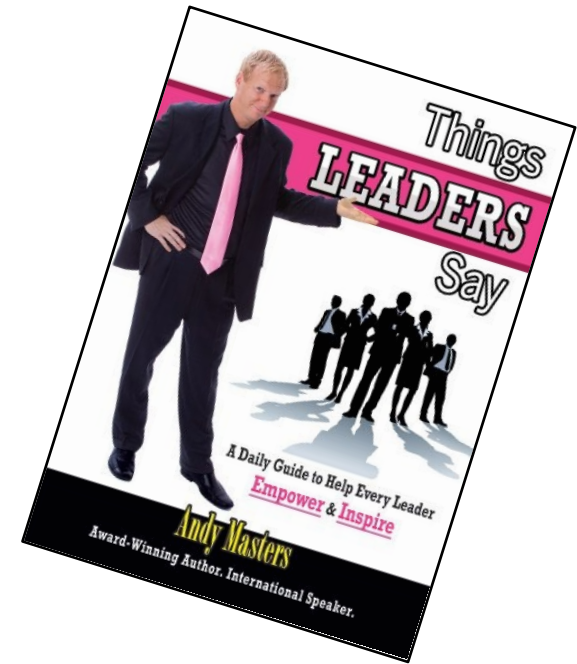
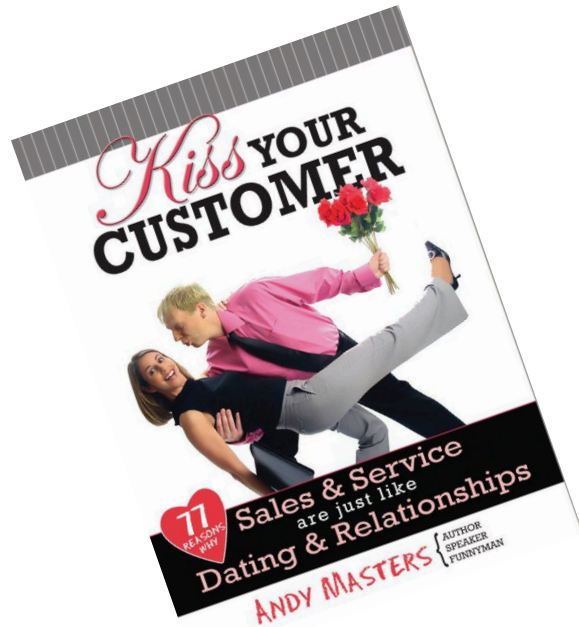


KMGMA Welcomes Award-Winning Author, Speaker, Trainer



Andy Masters, MA, CSP

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Andy-Masters.com

(Click on Healthcare)



Two Heads Are Better Than One...

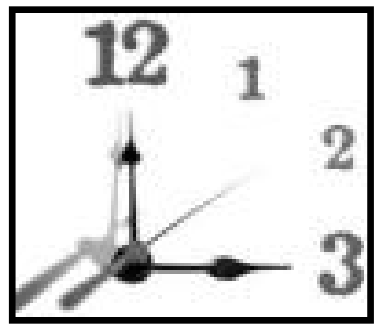


What **techniques** or **activities** do
you already use to reduce **STRESS**
— in Work and Life?

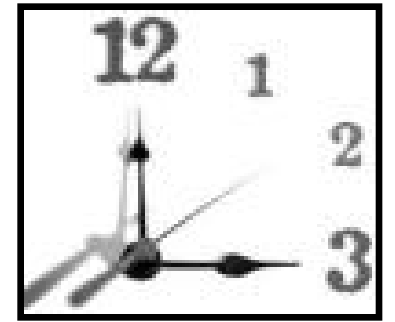


We Say “YES” To
Everything And
OVERLOAD OUR SCHEDULE
With Unrealistic Expectations

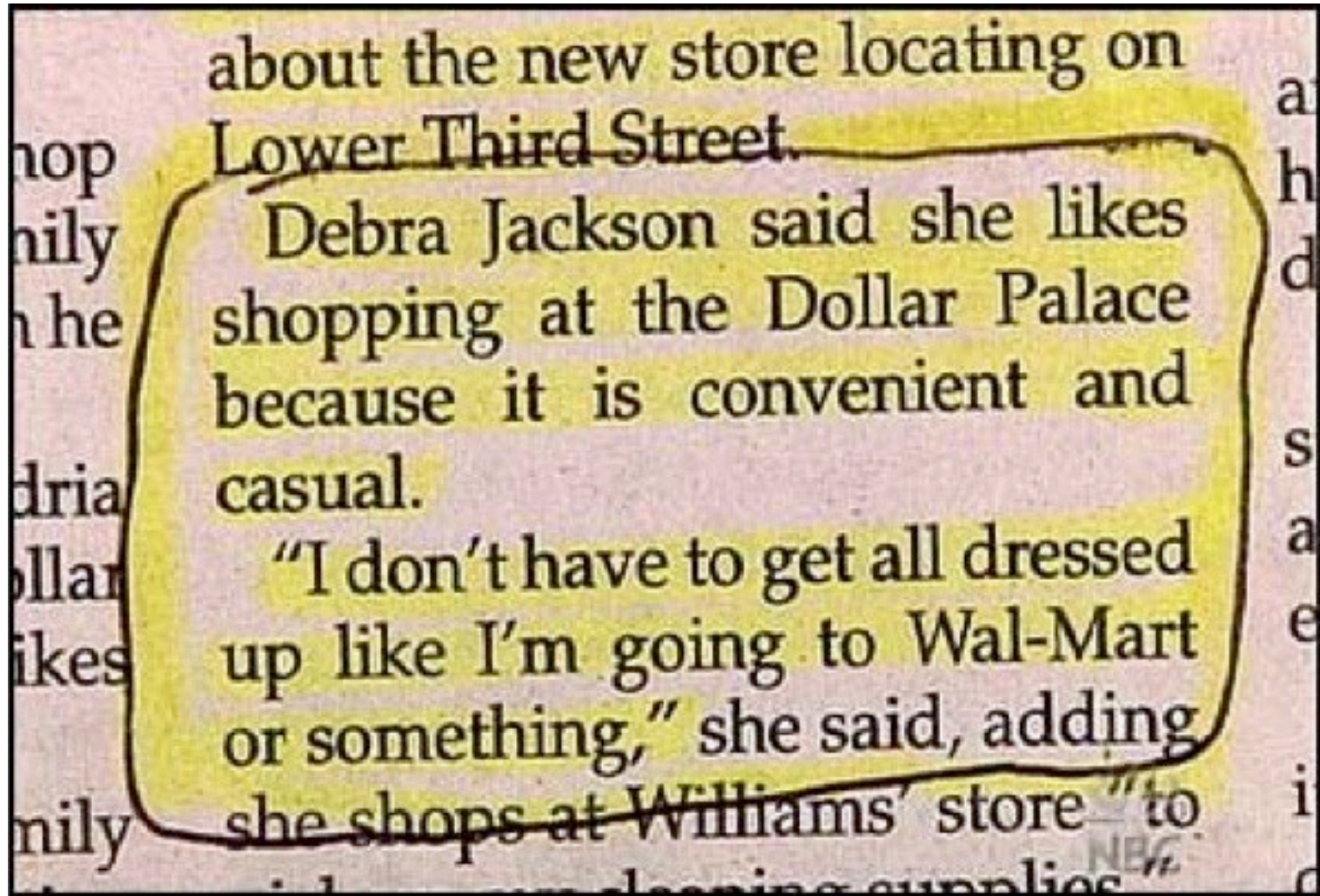




SUPERHERO SYNDROME



Convenient Shortcuts?



UNDER PROMISE OVER PROVIDE



“Managing Expectations”

UNDER PROMISE OVER PROVIDE

“Just to be up front...”

“Just to give you a heads up...”

“The Power of NO...”

Things Take **LONGER** Than We Think



What **NOT** To Do...





We Say “YES” To
Everything And
OVERLOAD OUR SCHEDULE
With Unrealistic Expectations

YES

NO

N

“NO”

Playing Golf.

“NO”

Certain Friends & Acquaintances.

“NO”

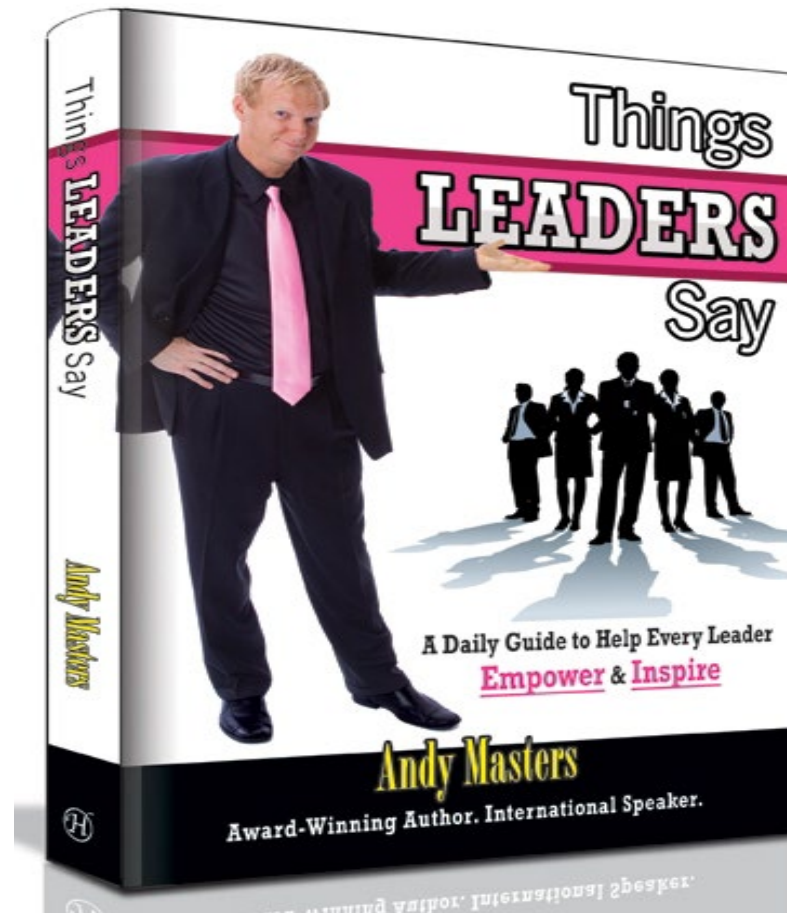
More Kids!

“NO”

Washing My Car & Mowing My Own Lawn.

“NO”

Doing Everything Myself & Not Delegating.



We learn to
say **"NO"**.

So we can say
"YES" to what?

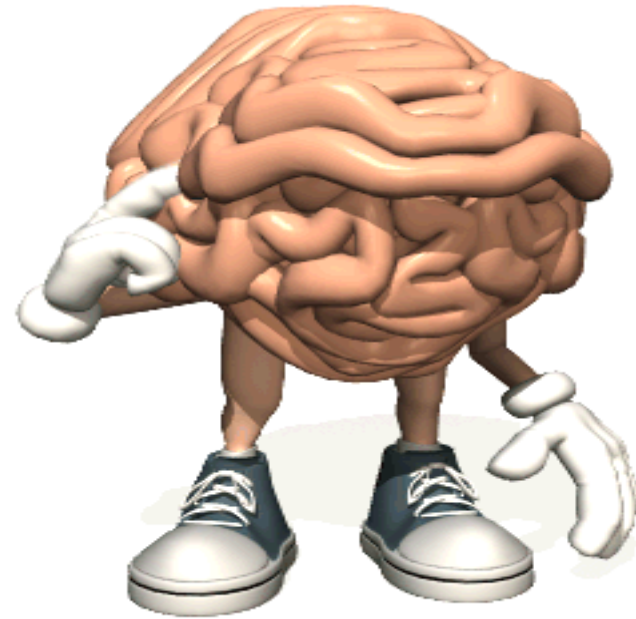


Two Heads Are Better Than One...

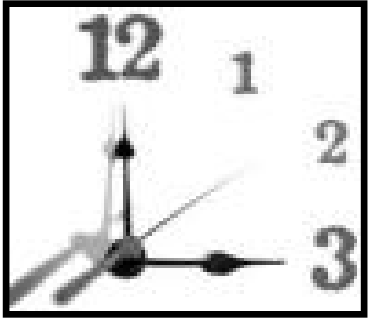


What Can You Say “NO” to?

Two Heads Are Better Than One...



What Can You Say “YES” to?

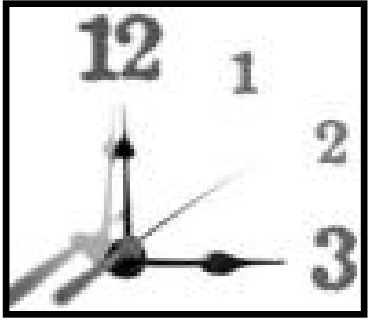


MULTI-TASKING IS OVERRATED



123456789101112

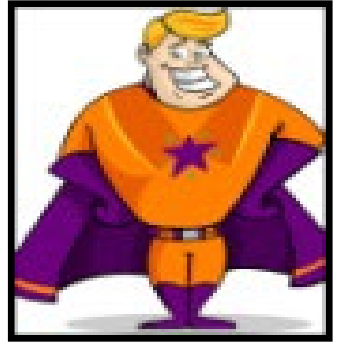




PRIORITIZE.

1

FOCUS.





“I have a lot of stuff going on!”

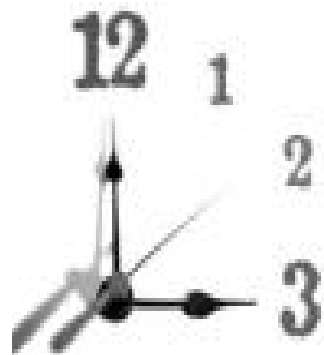






“It will only take five minutes.”


15



15



YOU



“Sweat the small stuff!”

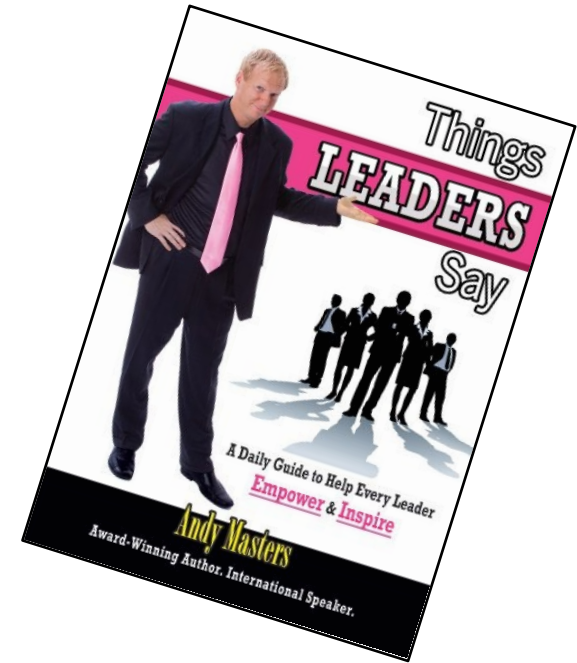
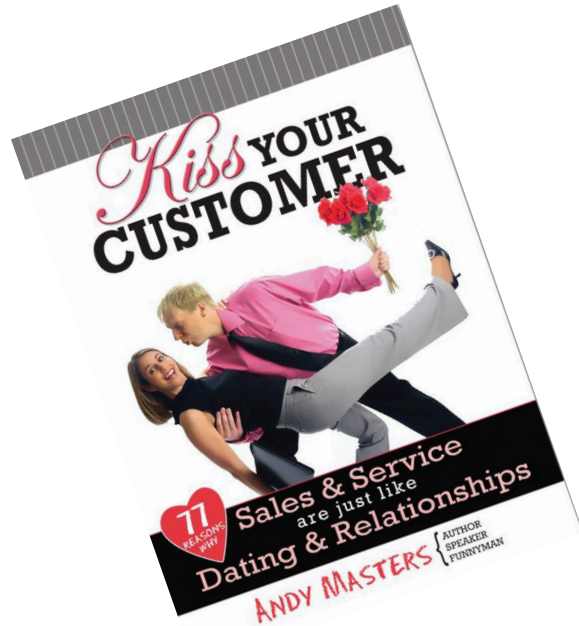
A promotional image for the Disney movie Frozen. Elsa, the Snow Queen, is shown from the waist up, wearing her iconic light blue ice dress. She has her signature long blonde braid and is looking over her shoulder with a slight smile. Her right arm is extended forward, and a trail of snowflakes follows her hand. The background is a deep blue with a subtle snowflake pattern.

LET IT GO

Disney
FROZEN

IN THEATRES IN 3D
THANKSGIVING

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