

# Transforming Anxiety into Energy



## *The key to leading in turbulent times*



In today's economic environment, employees are overwhelmed with anxiety. Just when you need your team to be action-oriented and focused on the business at hand, they are engaged in unfocused frenetic activity or hunkered down in a bunker mentality, which ultimately slows progress on critical company goals. In this timely presentation, Wendy Mack addresses the pervasive sense of fear and anxiety in the workplace today—and its terrible toll on productivity.

### *Learn how to quell employees' fears and focus their energy*

Overwhelmingly, employees say they just want management to talk to them. Wendy will show you how to address difficult topics in a straight-forward, honest manner. By discussing your vision, long-term goals, opportunities, and possibilities, you can provide clarity and direction to your employees.

Mastering this process will help leaders in your organization ease employees out of anxiety and rally them around shared goals. United in a common purpose, your employees—and your business—will move forward with energy and alignment. This high-energy program promises real and immediate results.

**Leaders: To achieve real results, you must break the cone of silence, address anxiety, and focus your team's energy.**

### **Formats**

*Keynote or After-Lunch Presentation*

### **Audience**

*Leaders at all levels: supervisors, managers, directors, and executives*

### **Perfect for**

*Association leadership conferences and executive off-site meetings*

### **Learn how to...**

#### **Help you organization**

not just survive, but thrive on change

**Address** the emotions that prevent people from being productive.

**Focus** your organization on action.

**Take steps** to harness your team's energy to move forward in a cohesive way.

### **Key Takeaways**

In turbulent times, the most important role of leader is transforming anxiety into energy.

Be a beacon. Provide direction and hope.

When you can't predict, prepare.

When you can't make promises, communicate probabilities.

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## with Wendy Mack

Participants hail this presentation as an honest and upbeat approach to a difficult topic. Your audience members will leave feeling inspired, energized, and equipped to lead in turbulent times!

### **Audiences rave:**

“I loved your talk about energizing employees during times of anxiety. I plan to share your *energized alignment* concept at our improvement team meeting this week.”

“The information and videos you shared were entertaining and appropriate given the current workload, issues, and initiatives affecting our organization.”

“I had to write after seeing Wendy present *Transforming Anxiety into Energy*. The content was excellent and she engaged the group with her passion for leadership, high energy delivery, and impressive use of technology.”

“This is the best presentation I’ve attended in years. Upbeat, practical, funny, sincere, and so polished.”

### **Meeting Planners rave:**

“We appreciated your enthusiasm and humor in dealing with a most difficult topic.”

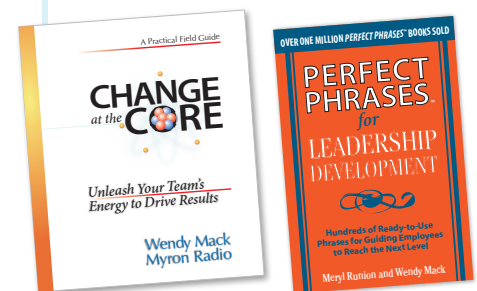
“Days later, people are still talking about how much they enjoyed your presentation and how useful they found the information.”

“It was a pleasure working with you. I appreciated your responsiveness, organization, and high energy!”

“Your preparedness and research demonstrated your professionalism as a speaker. Using the information you gathered beforehand made a huge impact on our participants, and on the people you interviewed.”

## About Wendy Mack

Wendy Mack is a nationally recognized speaker, consultant, and thought leader who advises leaders on how to mobilize energy for change. She is the founder of T3 Consulting and author of numerous books and articles on the topics of change, communication, and leadership.



## Sample Client List

- Adhesive and Sealant Council
- American Society for Quality Audit Conference
- AOL
- Denver Business Series
- Freddie Mac
- General Dynamics
- National Defense Industrial Association Procurement Group
- Northrop Grumman
- Public Broadcasting System
- SRA International
- The Coca-Cola Company
- The Nature Conservancy
- U.S. Geological Survey

**Call to book Wendy now!**



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