

12A - Keeping All the Balls in the Air (How to Make a Living... & Still Have a Life!)

Presenter

Rob Peck, Founder of Zestworks - RobPeck@Zestworks.com

Session Summary

Good morale fuels the resiliency that helps us to keep problems in perspective and maintain the resourcefulness to recognize that difficulties can either obstruct or instruct. It's our choice! We can constantly complain, or we can constructively reframe, minimizing stress and maximizing zest!

After you attend this session, expect a greater sense of optimism based on increased confidence; the confidence that allows you to stay focused and committed, while still having fun! You acquire an understanding of the link between broader perspectives and more flexible thinking, and experience its positive impact on team chemistry.

What does this mean on a broader scale for companies when they adopt this methodology? Employees experience a renewed sense of connection and conscious determination to make shared laughter a daily rite. Workplace morale increases, begins to fuel organizational growth, and helps retain (not re-train) key personnel.

About the Presenter – Rob Peck

Rob Peck is the founder of Zestworks, a speaking, training, and consulting firm. He is the recipient of the International Jugglers Associations' "Excellence in Education" award, and a three-time winner of Toastmaster International's humorous speech contest. From Harvard to Hewlett Packard, Rob's expertise in "juggling" has helped thousands of multi-tasking professionals reduce burnout, regain a better life balance, and combine a sense of purpose... with a spirit of fun!

After graduating with a *Phi Beta Kappa* from the University of Pennsylvania - and clown college ("Magna Cum Looney"!), Rob has appeared on cable and network television programs such as CNBC, Evening Magazine, and Amazing America. He regularly conducts in-house creativity seminars, designs stress management training programs, facilitates retreats, and has served as a spirit in the workplace consultant for numerous companies who want to retain, rather than constantly retrain, key personnel.