



The Daily Six: finding balance, reducing stress, enjoying life and work

Are you interested in struggling less and accomplishing more? How much more could you accomplish personally and professionally if you could reduce stress and anxiety every day?

Create a different perception of yourself that allows you a greater sense of peace and renewed sense of commitment to your passion and vision. Develop a greater effectiveness producing results through the people around you by building stronger more productive connections.

The Daily Six provides strategies to reduce stress and anxiety at work and will help everyone in your organization increase their experiences of creativity and fun.

At a Daily Six workshop or keynote everyone will learn techniques that will provide a breakthrough in how you experience yourself, as a person, and as a leader.



With over 30 years experience, John Chappellear, shares his knowledge as a business executive and entrepreneur. The experience of creating new businesses from the ground up, and eventually making them top nationwide producers uniquely qualifies John to provide leadership and guidance to those who want to achieve growth and success personally and professionally. John's practical approach touches on a variety of subjects:

KEYNOTES:

- "The Daily Six" — reduce stress, achieve balance, enjoy life
- Creating Powerful Partnerships
- Strategic Solutions — Maximizing the Value of Your Business
- Building Teams that Work.
- Maintaining Balance in Life.
- Increasing Creativity and Productivity

Subjects can be customized to the needs of the organization.

WORKSHOPS AND TRAINING:

- The Daily Six
- Maximizing Your Companies Value
- "Platinum Rule" — Building Rapport.
- Handling Conflict and Confrontation
- Managing Remote Locations.
- Building Powerful Teams.
- Improving Your People Skills.
- Assertive Skills for Managers

"John Chappellear is the ultimate life coach. Step off the train for just a moment and learn from one of the best."

- Dr. Bob Rosen, CEO
Healthy Companies
Author of "Leading People"

"John's obvious compassion combined with his clear real world experience makes for a very powerful combination."

- Stephen E. Garber,
President, Practice
Development, Inc.

"I am constantly struck by the way audiences respond to John. What he has to

share are important concerns of all of us, he presents it in a way that is so engaging, so humorous

in a delightfully self-deprecating way, that people who listen cannot help but relate and see something in themselves. I promise you will be thrilled, both with working with him, and in the way he impacts you and your group."

- Howard Ross, President-CEO, Cook-Ross Associates

"Your workshop was excellent"

- Susan Sarfati,
Executive VP, American
Society of Association
Executives

"John was everything we had hoped for! Excellent presentation... he had the audience captivated."

I bought two books one to give as a gift and one just for me. It was great !"

Jill Kidder
Louisiana Travel
and Planning Association
New Orleans State Conference
Feb 08