



When the boat is rocking keep your people walking with...
John Parker's Sealegs for Success!



SEALEGS LIFESHOPS MENU

CHANGE AND CHAOS

- Understanding and Handling Change
- Thriving in the Midst of Chaos
- Maintaining Morale in the Midst of Change

STRESS MANAGEMENT

- Success over Stress
- How to Stay Sane in Tough Times
- Perception, Communication and Stress

PROFESSIONAL DEVELOPMENT

- Achieving Personal Excellence
- Revitalizing your Staff and Yourself
- Projecting a More Professional Image
- Understanding Non-Verbal Communication
- Balancing Work and Life
- Creating an Empowered Workforce

LEADERSHIP SUPERVISION MANAGEMENT

- Supervisor Boot Camp Fundamentals
- Management Styles and Competencies
- Coaching and Mentoring Your Staff
- Objectivity, Composure, and Boundaries

TEAM-BUILDING

- Team-building for Success
- Tapping the Power of Groups
- Trust Building for Success
- Teambuilding Skills for Supervisors

CUSTOMER AND CO-WORKER SERVICE

- Customer Service 12 Trainings Package
- Communication for Service Excellence
- Being Effective with Difficult People
- Conflict Resolution for Successful Solutions
- Defusing Hostility and Violence in the Workplace

CONTINUOUS QUALITY IMPROVEMENT

- Continuous Quality Improvement
- Business Process Improvement
- Visioning for Collaboration
- Problem Solving and Decision Making
- Developing Action Plans for Excellent Service

JOHN PARKER, M.A.



- **Sealegs for Success** Facilitating breakthroughs for Individual and Organizational Success.



- **University of California Davis Center for Human Services** Instructor



- **Merced College Workplace Learning Resource Center,** Workshop Presenter



- **SkillPath Seminars:** Certified Trainer

SEALEGS KEYNOTES



- John Parker's Inspirational and Entertaining Keynotes geared to energize and motivate your conference participants!

TREASURE CHEST PROGRAM



- Uncover buried treasures of increased productivity and excellent service with your own Sealegs Success Program customized to bring lasting positive change to your staff.

PARTICIPANT COMMENTS

- "John knows his stuff! Positive approach!"
- "Very personable! Great meeting!"
- "Well organized, thought provoking, fun!"
- "Easily understood and relevant."
- "John got the entire group involved!"
- "Vast knowledge and good methods"
- "Lots of active participation. Never bored!"

LEADER COMMENTS

- "Gets us working together."
- "Is trustworthy and insightful."
- "Asks start-think questions."
- "Is an excellent facilitator."
- "Draws out our best."

BOOKS AND CDs

- Boost your event with John Parker's Books and CD's!
- Special event discounts available!

