

50 FUN THINGS® FOR PROFESSIONAL DEVELOPMENT

50 FUN THINGS PROFESSIONAL WORKSHOP

Tools for professional and personal fulfillment

Break through limited thinking and negative self-talk and re-energize your team to what is possible. In this interactive and fun workshop, you'll discover what you really want in your work and personal life. Once the intention is set, terrific things begin to happen - often much sooner than you expect!

Participants in 50 Fun Things® regularly follow up to share how their lives quickly became more fulfilling following the workshop. Examples include stepping into leadership, learning a new skill, gaining clarity for next steps in their career path, positive attitude shifts and more. These new ways of thinking opened up even more possibilities and strengthened attendees connections.

The 50 Fun Things® workshop (workbook, chart, and journal can be included) are designed to inspire participants to reconnect with what brings them joy. Get ready for amazing things to happen!



Key professional and personal benefits include:

- Wellness and overall well-being (e.g. decrease sick days, lowers depression/anxiety, increases sense of belonging, boosts morale)
- Team-building in a way that honors the individual
- Re-energize your team to get their purpose aligned with your company goals
- Opens up fresh and innovative thinking
- Supports the pursuit of happiness for staff and demonstrates a sense of care
- Fosters clarity, focus and motivation for best outcomes
- Heightened employee satisfaction and increased engagement
- Strengthens interpersonal relationships
- Increased sense of belonging to team and company
- Gain vision optimism for career and personal development
- Pushes beyond comfort zone in a fun and engaging way
- Entertaining experience
- Also offered as a customized session for specific workplace needs including: 50 Fun Things To: Foster Employee Engagement; 50 Fun Things To: Increase Inclusion and Diversity; 50 Fun Things To: De-Toxify a Harmful Culture; etc.)

"Teresa has great presence and a high level of professional competency that allows her to connect with her audience and gain their trust in a short period of time. Couple this with great content and we had a wonderful afternoon. Well done!"

– Michael Hawton, Operations & Biz Dev Executive

TERESA THOMAS – Catalyze Your Connections

Award-winning professional speaker, networking expert, facilitator, and author of *Win/Win Networking* and *50 Fun Things® – Enjoy the Small Things*. In her 25 years as a professional connector, Teresa has facilitated hundreds of networking events, presented for countless groups, and helped thousands to connect and grow.

In her highly interactive style, she packs her presentations with "how-to"s, humor and inspiration, leaving people excited about creating meaningful connections and accomplishing their personal and professional goals.

People leave Teresa's workshops and seminars with new insights and practical strategies that are ready to put into action. Equip your team, staff, members or students to gain critical skills needed to master networking and to proactively build their personal and professional abilities before they hit a crisis point.

She is the recipient of the 2019 Women in Business Champion through the Small Business Association (SBA) of Minnesota. Teresa is also named as one of 2019 50 Over 50 leaders by AARP and Pollen.

[Get excited about the possibilities of 50 Fun Things by watching Teresa's video here.](#)



SCHEDULE TERESA FOR YOUR NEXT EVENT
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