



Additional Workshops:

The Power of Attraction - The Law of Attraction states that we attract to our life whatever we give our attention, energy and focus to, whether wanted or unwanted. Using a simple, yet powerful three-step formula, participants will be astounded as they realize how their thoughts, feelings and actions attract situations in their lives.

Confronting the Idiot in Your Friend - Everybody knows at least one person/friend whose behavior causes tensions and problems for everyone. We are afraid to confront because we fear losing a friend, losing respect, or being judged. It's time to stand up and listen to your inner voice. In this entertaining and upbeat program, Coach Randy offers practical strategies for increasing the effectiveness of constructive confrontations and how to approach this person and not ruin a friendship.

(K-4) The Bully in Me - This program openly acknowledges that there is an “inner-bully” that lies within each of us. This experience is an inside-out approach and engages people from their inner thoughts to their external actions. Identifying the “inner-bully” is a powerful and emotional process that allows for true reflection on individual behavior when witnessing, or participating in “bullying.” Not only does this program openly and honestly create opportunities for personal growth, it engages the students to create an action plan to change their behavior the next time a situation presents itself.

(Middle School) Operation PRIDE - Adolescence is a time when children begin to noticeably change their behavior, ideas and thoughts. Operation PRIDE offers students an enlightening exposure to these changes and offers a unique experience for students to engage this transition process in a safe and healthy environment.

Parent-Teen Dialogue – Parents are often worried, confused, and frustrated by the changes in their adolescent children. This dialogue is ideal for parents and their teenage children to learn clear and concise communication and how to improve listening skills. For teenagers, it offers the chance to share stories and better understand the overall impact they have on their family.

Stressed Out, Burnt Out, Put a Fork in Me! - Life can be stressful and overwhelming at the very least. If we let it, it can drain our energy and cause us to feel “burned out”. In his unique and fresh approach, Coach Randy explores how taking care of yourself and making healthy life choices is vital to your future.

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The Bees Knees & The Cats Meow - Everybody ends up somewhere, few people end up somewhere on purpose. Who are you? What do you value? Where are you going? This workshop is an experience that will open your eyes about yourself and other people. It will remind you why you do what you do and drive you to be a part of the solution.

What In the World Are You Talking About? - Sometimes we aren't really saying what we mean to say. People don't always hear what we are telling them. In this session, you will learn the importance of clear and concise communication and how to improve your communication skills in order to be heard. It also provides valuable information to “hear” what others are saying.

Who Am I? What Do I Want and How Do I Get It? - Many of us treat ourselves with less respect than we treat anyone else. In this session, you will take a look at how our lives are affected by the way we think of ourselves. You will learn to use positive attitude and affirmations, understand self-acceptance, and how to help others without becoming a doormat. Participants will create road maps to success; discuss actions and consequences and the value of effective mentoring.

The One Way to Predict the Future is to create it! - Strategic planning is a process that determines the future of the organization and what resources will be needed to ensure that success. Developing a strategy is far more effective than leaving the future to chance. Having worked in non-profit for fifteen years, Randy provides a format for developing specific strategies, converting those strategies into a planning process, and establishing measurable and attainable goals. It is a process that is successful with non-profit organizations and is used to determine where the agency wants and needs to go, and how it is going to get there.

Quality as a Management Philosophy not as a Set of “Tools” - Knowing that change is never easy, this program focuses on results, uses appropriate techniques, and inter-active training. Given your agency’s mission, where are you in regards to quality? What is quality in your agency? How do you determine quality? Randy’s unique approach lies in an implementation model that focuses on aligning management and operating systems with strategic direction. Quality is what you make of it and in turn drives the organization to further the mission.

Other topics include – Intervention/ Prevention of adolescent suicide, self-esteem, the five most important questions to ask teens today, ten things your teenage child won't share with you; but did with me, building confidence, overcoming procrastination, breaking through comfort zones, communications skills, and organizational skills.

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