

# *Gracey Lichtenstein, MS* *Success Achieved... Simply*



*If your life is awful, I can help.*

*If your life is pretty good,  
I can help you make it even better.*

*If your life is awesome, let's change the world...together!*

Keep reading for my official, professional sounding bio.

The real me:

I've seen, heard, or experienced pretty much anything you can throw at me. I've been an addictions counselor, a public and onsite trainer/speaker, and a life coach. I've successfully worked with individuals and business groups that took my guidance and became better. I've also worked with people and teams that were forced to interact with me because their spouse or their boss "made" them; I helped them, too. If you want someone who knows what works and has the passion and commitment to make it work for you...I'm your gal. Let's chat.

Now, here's the official blurb:

For over 15 years, I have worked with thousands of individuals and hundreds of business teams (as a holistic psychotherapist, coach, and award-winning international trainer and speaker) to facilitate sustainable, solution-focused change.

Through my training on systems theory and group dynamics, learning and motivation, and neurobiology, I have a comprehensive view of "what works". In addition, my diverse experience of working with thousands of people in 49 states and on 2 continents (ranging from native New Yorkers to Native Alaskans and from the FBI to the United States Conference of Catholic Bishops) has allowed me to pinpoint some of the universal characteristics of healthy individuals and teams.

(Sounds impressive, doesn't it!)

Keep reading for information on my signature program and other currently developed training, speaking, and coaching topics.

## 30 Days Toward Becoming Healthy, Productive, and Stress-Free™



While the concepts of health, productivity, and stress-reduction are complex, making it work doesn't have to be complicated. My signature program is designed to get back to the basics and to simplify what has often become unnecessarily confusing.

### Program Overview:

Manageable and realistic goals are created with a specific, written plan. These goals are developed around specific areas of focus in one of the following:

#### “The High 5”

- breathing (proper breathing and positive vs. negative stress)
- sleeping (sleep hygiene and opportunities to recharge)
- moving (healthy movement and goal setting and time management)
- eating (food as medicine and feeding the soul)
- intimate relationships (creating relationships and developing healthy intimacy)

This is followed by 4 weeks of dedicated daily focus on the plan. When combined with accountability support, this creates *achievable, manageable, long-term, and sustainable change*.

Once the four-week cycle of the program is completed, a reassessment occurs. This is a time to identify successes, barriers to success, and use that information to continue to progress to the next level.

### Training/Presentation Topics

#### *Super Summary*

This is an overview for people who are interested in participating in the 30 Days program which includes details of the assessment, an explanation of the “High 5”, and how to address common barriers to success.

#### *The “High Five”*

This is an in-depth look at the foundation of the program: the 5 things every human being needs to be healthy, productive, and stress-free. As a stand-alone program, it gives participants a solid understanding of holistic health and wellness.

#### *Customized For You!*

Each of the areas of the program can be developed into a customized product to meet your specific needs. Services can range from a half-day training to a 6-month monitored program with individualized coaching and expert consultations. Whether as a stand alone system or in conjunction with existing HR/EAP wellness services, this 30 Days program will result in healthier, happier, and more productive employees and teams.

## **Turn Down the HEAT**

Learn how to manage difficult situations with assertive poise and confidence without taking things personally. Let productive options become the focus of the interaction rather than adding negativity. By objectively assessing emotional situations, it is also possible to minimize “stress contamination”: the negative residual effects of a stressful situation on other life areas.

Key points:

- the difference between objective and subjective situational interpretations
- the difference between taking something personally and developing personal insight
- respond to situations with a solution-focus rather than adding negativity to an already difficult situation
- change blaming and dis-empowering patterns of behaviors and responses to one of assertive communication

This topic can be presented as a keynote/lunch and learn, a half-day (3 hour), or full-day (6 hour) experience.

## **Managing your Productivity**

“Do more with less” has become a common mantra in many organizations. However, this is often expected to mean you work *harder AND smarter!* Over time, this results in significant drops in productivity and morale. Developing an proactive vs. reactive process essential to our sanity and our productivity.

Key points:

- identify true priorities and plan accordingly
- insure your priorities dovetail with your supervisors'
- tame the e-mail beast
- have structured goals (daily, weekly, and beyond) and still be able to “go with the flow”
- improve work quality by using time more effectively – not working faster
- ask for help and resources without appearing unable to do the job
- effectively create, communicate, and meet realistic deadlines

This topic can be presented as a keynote/lunch and learn, a half-day (3 hour), full-day (6 hour), or multi-day experience.

## **“Who Do You Think You Are?”**

### **Excellence as a Choice, Not a Job Title**

Excellence and leadership are very popular buzzwords in the corporate arena. But what exactly do they mean and how do we make them part of our daily lives? The concepts of excellence and personal leadership are directly intertwined and it is up to each of us to identify and commit to manifesting the individual strengths we bring to our relationships at work, at home, and within our social circles.

Key points:

- the effect of self-talk
- how belief systems are created
- the impact of process-based belief systems of excellence
- becoming proactive vs. reactive
- directly impact our outcomes for desired results most of the time
- create positive relationships through servant leadership

This topic can be presented as a keynote/lunch and learn, a half-day (3 hour), a full-day (6 hour) experience, or a multi-day intensive.

### **You, Me, and We**

Develop healthy and assertive communication skills to learn to ask for, and get, what you want and need. Learn to recognize what is most important to you and how to effectively communicate this to others positively, respectfully, and productively without feeling guilty. Understanding the relationship between individual and group goals is essential for productive and healthy teams and families. Learn how to effectively balance seemingly competing wants and needs between yourself and the others in your life: family, friends, coworkers, and customers.

Key points to be addressed:

- what assertiveness really means
- how members of a group take on roles within the group
- the difference between being nice and being respectful
- the necessity of healthy conflict
- the difference between selfish and healthily self-centered

This topic can be presented as a keynote/lunch and learn, a half-day (3 hour), full-day (6 hour), or multi-day experience.

## **“Say What?” Communication To Get You What You Want**

Effective communication is a core skill of successful professionals. Unfortunately, in our fast-paced, immediate-results driven world, thoughtful and effective communication is no longer the standard but, rather, the exception. Learning to listen and speak in other peoples' languages increases productivity, reduces stress, and enhances relationships.

Key points:

- respectful communication vs. being “politically correct”
- perception is reality: What image of ourselves do we present?
- the pro's and con's of stereotyping
- inadvertent boundary violations that happen *all the time!*
- the power of listening
- the differences between verbal, nonverbal, and written communication

This topic can be presented as a keynote/lunch and learn, a half-day (3 hour), full-day (6 hour), or multi-day experience.

## **Break the Cycle**

Learn how we, as human beings, have a tendency to develop and follow patterns of behavior (habits) whether or not those patterns are beneficial. These patterns must be broken in order to achieve what we truly want and need out of life.

Key points:

- the science of how behavioral patterns are developed and maintained
- the key factors which cause ineffective behaviors to be repeated
- methods to change each step of the unhelpful cycle
- tools that are essential to making long-term change

This topic is available as a half-day (3 hour) and full-day (6 hour) experience. It is strongly recommended that either group or individual follow-up sessions at 1 week, 30 days, and 6 months also be scheduled to maximize and support the therapeutic change that will occur.

## **Essentials of Customer Service**

Customer service is not just about task completion: it is about relationship development. And, sometimes it's difficult developing these relationships when the wants and expectations of our customers (or our employer!) are unrealistic, they are behaving badly, or we are having a bad day.

Key points:

- recognize our opportunities for developing customer relationships
- become motivated by our customer interactions
- do not take bad behavior personally
- develop a solution-focused attitude
- how to say “no” by saying “yes” (without lying!)

This topic can be presented as a keynote/lunch and learn, a half-day (3 hour), a full-day (6 hour) experience, or a multi-day intensive.

## **Forgiveness as a Business Best Practice**

A sign of intelligence is one's ability to learn from experiences and apply this knowledge to future experiences. This becomes a problem, however, when a negative experience impacts our ability to effectively interact with certain people or situations because of residual anger, regret, resentment, or anxiety. Often, conflicts, "bad attitude", and negative morale are not due to what is going on with the current situation but, rather, are the symptoms of previous negative experiences.

Key points:

- the true meaning of forgiveness
- let go of past issues that negatively color current interactions
- set healthy and appropriate boundaries
- become empowered in our outcomes
- reduce the negative stress in our relationships
- reduce chronic anger, frustration, and anxiety

This topic can be presented as a keynote/lunch and learn, a half-day (3 hour), a full-day (6 hour) experience, or a multi-day intensive.

## **R U LOL? Basic Business Writing**

Advances in technology have made communication easier and faster. However, this is not always beneficial, especially in the workplace. In addition, the rules of grammar and punctuation for the English language change over time. Learn how to write correctly, clearly, and concisely in order to become more productive, manage your time more effectively, and project a truly professional image.

Key points:

- the correct punctuation and grammar rules
- the difference between a “writer focus” and “reader focus”
- eliminate writer's block and reduce writing time
- the differences between creative writing and business writing
- reduce unnecessary or unproductive emails
- become aware of the “tone” and image presented
- the formats and functional differences between different types of writing

This topic is available as a full-day (6 hour) or multi-day experience. Participants are encouraged to bring a writing sample (e.g. a resumé).

## **Live Like a Rock Star! (without the fame, fortune, or having to get onstage)**

Are you excited every day to be you (WOOHOO)? Do you believe you regularly manifest your natural gifts and talents (YIPPEE)? Do you believe that others value you and your relationship with them (APPLAUSE WHEN YOU ENTER A ROOM)?

Key Points:

- development of healthy and positive belief systems
- the real meaning of humility
- dealing with guilt, shame, and feeling “less than”
- identify your innate talents, strengths, and gifts
- develop a healthy support system
- learn how to deal with bad situations when there are no “good” options

This topic is only offered as a multi-day intensive.

## **Recovery is Fun! Really!**

Designed for those in recovery from chemical or behavioral addiction or codependency, this event is a wonderful intensive based on the 12 Steps. No matter where you are in your recovery, this event can strengthen and enhance your sobriety.

Key points:

- the difference between being clean vs. sober
- becoming comfortable being uncomfortable
- dealing with others' objections to change
- forgiveness
- the relapse cycle
- moving past trauma

This topic is only offered as a multi-day intensive.

## *Specialized Topics*

The following topics are highly specialized for the indicated demographic and provides therapeutic-level content. Please contact me regarding details and participation requirements.

### **Self-Care in the Caring Professions**

Research indicates that those who are in the helping or caring professions (teachers, pastors, therapists, etc.) report some of the highest levels of occupational and overall stress. Between rising expectations and reductions in resources, those who choose to help others are often the ones who need support the most.

### **Self-Care in Health Care**

Health-care is consistently ranked as one of the most stressful industries in the US. Health-care workers are also less likely to access wellness services for themselves. Secondary issues include reduced patient satisfaction and diagnosis, as well as increased treatment errors.

### **Addressing Vicarious Trauma and Compassion Fatigue**

Designed for professionals with secondary exposure to trauma (first responders, social workers, ED staff, etc.) to help boost psychological immunity, maintain emotional boundaries, and be able to effectively process and move through one's own response to trauma.

# Customized Wellness Program

Please contact me for details on how to create your own corporate wellness program. Below is a general outline of possible resources.

