

Mind Mastery Coaching

Change your Mind,
Transform your Life!

Survival Skills in the Workplace – 4 Hours

This is a powerful half-day workshop that applies to all areas of the workplace, giving both managers and employees tools that can be used to make the difference between having stressful days and surviving, and enjoying a workday. In this workshop, participants will discuss and learn:

- ✚ The different personality and communication styles, of which there are many – problem people in the workplace and how to deal with them calmly.
- ✚ The difference between problem behavior and healthy conflict.
- ✚ The importance of time management to create less stress between management and employee.
- ✚ The difference in male-female communication in the workplace
- ✚ How to take good care of yourself to keep stress levels at a minimum so that employees and management have the energy & motivation to get through the day and still have enough energy left to enjoy family and social lives.

As with all of Hazel's presentations and workshops, this presentation is interactive. The lessons Hazel teaches continue far beyond the event itself.

Selected Sampling of Speaking Clients:

Los Angeles Valley College – Human resources Academy
Los Angeles Police Dept. – CLEARs (Records Supervisors)
Los Angeles Police Dept. – Los Angeles
Wealthy Women's Conference 2004
NAFE (National Association of Female Executives)
Purpose, Passion, Power Workshop
NEW – Network for Empowering Entrepreneurial Women
Center for Community Solutions: Healing and Preventing
Violence – San Diego

"Thank you for your presentation. Your topic was most informative and certainly very beneficial to our group. The valuable information on 'Steps from Stress to Success,' including the fun exercises and lessons will not be forgotten."

~ Joyce Hannah-Law – California Law Enforcement Association of Supervisors.



Hazel C. Palache

Personal and Professional Life Strategist

Hazel Palache, MFC, CMChT, CPC, CNLP, is a dynamic international coach, speaker, author workshop facilitator and founder of Mind Mastery Coaching. She works with small business owners and entrepreneurs and is often referred to as The Success Doctor.

Hazel is an expert in teaching people how to discover the keys to create success. She assists participants to think outside the box.

Hazel has a vast range of areas in which she has expertise. She knows that whether it's 17 or 70, to create success and be a leader in life, it is imperative to have mind mastery.

Hazel is very action-oriented, and the workshop is interactive and experiential.

With clarity, expertise and humor, Hazel guides participants to new awareness and direction, and they leave with greater clarity, more focus and energy, and the tools to create change.

Hazel inspires and motivates participants to live their lives from the inside out. All her presentations and workshops are educational, empowering and fun.

Hazel C. Palache, MFC, CMChT, CPC, CNLP
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