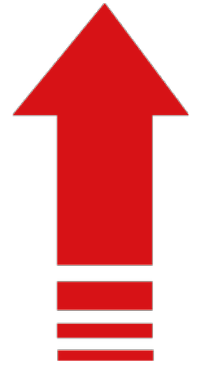


# LIFT Your Productivity



## From Tired & Stressed to Full of Zest!

### Discover the 4 simple secrets of personal productivity that every team needs to know

Would you like to work in a team with positive, productive people? Do you like working with proactive people with a can-do attitude? Would you like some techniques to trigger positive thinking and snap out of bad moods quickly? This fun presentation combines engaging Greek culture with modern psychology to deliver a powerful formula for developing positive, productive people. Discover tools, tips and tactics to help you Find Your Kefi (your zest for life) and shift your people from tired and stressed to full of zest!

You will learn how to:

- Create and maintain reserves of physical and mental **energy**.
- Reduce stress by using your time, energy and resources with more **efficiency**.
- Develop meaningful goals that create personal **drive**, energy and **aspiration**.
- Develop positivity, resiliency and **optimism**.

### David Koutsoukis

is a dynamic and engaging speaker and founder of the Exceptional Teams Academy. He has a proven track record in leading teams and has worked with top executives around the world. David has written more than 20 books and has spoken to audiences in 10 countries across 4 continents.



*“You were Faaantastic, 10 out of 10! The positive energy you created permeated throughout the whole conference.”*  
Charles Brown, CEO, Financial Counsellors' Association