Managing Emotions
UNDER PRESSURE
HOW TO STAY CALM AND PRODUCTIVE IN ANY SITUATION

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1-800-556-3009

MAIL
CareerTrack
P.O. Box 219468
Kansas City, MO
64121-9468

FAX
913-967-8849

This seminar will help you:

• Respond with a level head, even if you’re ready to blow a fuse
• Adapt to workplace changes, even those that are tough to swallow
• Stick with difficult challenges when solutions don’t come easily
• Follow through on plans, turn good intentions into reality and meet more goals
• Develop the steady self-control it takes to stand up for yourself and deal with conflicts positively
• Break on-the-job habits that hurt you, like procrastination, disorganization and others
• Bring more discipline into your personal life — creating healthier routines and relationships

Express Code 910497
• Enroll Today
careertrack.com

This course qualifies for CPE and PDU credits. See details on page 6.
Know others who would benefit from this training?

Attend together and the benefits multiply. You’ll be able to support one another in using what you learn.

IS THIS SEMINAR FOR YOU?

ASK YOURSELF:

• Does my temper ever get me into trouble?
• Do I sometimes rub people the wrong way? (Be honest.) What’s the price I pay?
• When was the last time I promised to change a habit — and I did?
• How far could my career go if I eliminated one or two counterproductive behaviors?
• How much time and energy do I spend feeling hurt, guilty, inadequate, worried or anxious? Where has it gotten me?
• How much emotional energy do I waste by overreacting?
• Are any of my bad habits rubbing off on my kids?

Are you mad enough about your answers to do something? You can at this groundbreaking seminar.

Improve yourself — and your relationships with others

All business is people business. Like it or not, your career depends on how people feel about you and whether or not they support you.

Yet relationships are fragile. One cross word, bad mood or mishandled conflict can damage a relationship deeply.

Here’s your chance to develop the steady self-control people respond to and respect. The self-management system taught in this seminar is simple and proven. It can help you live a happier and less stressful life, starting the very next day.

Spend a few minutes with this brochure and find out more about this popular one-day seminar.

“Is this seminar for you?”

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IMPROVING YOUR EMOTIONS UNDER PRESSURE

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Call it self-sabotage

That’s what many otherwise competent people do to themselves every day.

How?

• By overreacting emotionally and hurting their relationships — both at work and at home.
• By staying stuck in habits that hurt them, such as procrastination, overeating, disorganization, avoiding conflict — the list goes on and on.

Which is why we developed this innovative seminar, Managing Emotions Under Pressure. It’s a new kind of seminar, because you learn a powerful psychological system for changing your negative behaviors permanently.

The system uses some of the most effective tools in modern psychology and, in just one day, they can be yours. Use them in the toughest situations and see amazing results:

• When you start to lose your temper, you’ll remain calm and clearheaded.
• When you’re upset and feel the tears well up, you’ll stay powerful and effective.
• When you crave food that is bad for you, you’ll say no easily and make it stick.
• When you feel overwhelmed, you’ll stay productive and positive.

Let’s face it. Achieving what you want in life means doing what it takes — not just now and then, not just when you feel like it, but every day. And that’s why so many people like you have found this seminar to be so powerful. Find out how this exciting day of learning can help put you in control.

Seats fill fast — enroll today!

“This was not just a rehash of the same old stuff. I have not seen a more meaningful presentation compressed into such a short time.”

Joanne Staples
Centex Mortgage, Dallas, TX

“Life changing and life healing.”

Uldine Bakken, executive secretary/assistant manager
KWyZ/Radio 123, Everett, WA

“My heart was touched to tears by the truth I was hearing.”

J. Meadows, environ. health specialist
Skagit County Health Department
Mount Vernon, WA

“I’ve needed a program like this one for years.”

Karen Griess, medical records tech.
El Dorado Internal Med., Tucson, AZ

“Moving — right up to the goose bump stage.”

Nancy Stiebitz, nurse practitioner
Group Health, Rochester, NY

“I enjoyed it so much yesterday, I came back today! This time I brought my brother and sister with me.”

Rose Proffitt, customer service rep.
Agena, Seattle, WA

11 million satisfied customers can’t be wrong.

CareerTrack’s record of customer satisfaction is unsurpassed — more than 40 years in business and over 11 million seminar participants proves our ability to deliver what we promise. Our customer satisfaction rate speaks for itself!
Take this little survey

*(It’s a real eye-opener)*

Let’s face it; most of us already understand how we should act in certain situations — cool in a crisis, positive when things go wrong, emotionally consistent with our loved ones, persistent when breaking a bad habit or taking on a new, constructive one.

**Yet, why is it so hard for us to do what we know is best?**

It isn’t. Not if you use the principles you’ll gain in this seminar.

Think about it — how much do you know about the topics listed below? And how much of that knowledge do you put to use in your life? Let’s find out.

**Circle the number** that measures your knowledge about each subject. Then, put an “X” through the number that measures your actual performance *(1 being low, 10 high).*

**Motivating people**

1 2 3 4 5 6 7 8 9 10

**Handling crises**

1 2 3 4 5 6 7 8 9 10

**Weight control**

1 2 3 4 5 6 7 8 9 10

**Time management**

1 2 3 4 5 6 7 8 9 10

**Dealing with stress**

1 2 3 4 5 6 7 8 9 10

**Managing conflict**

1 2 3 4 5 6 7 8 9 10

The major difference between most people and extremely successful people is the gap between what they know and what they do. Both groups have about the same knowledge base. Extremely successful people are just better at doing what they should be doing. **It’s that simple.**

If, right now, it is abundantly clear that your gap is larger than you want it to be, attend this seminar.
Curious, but not convinced?

Consider this: In one fast-paced day, you’ll gain an advantage that will continue to pay off for years to come, starting the very next day.

If that’s not incentive enough, here are five more reasons to sign up now:

1. Your managers will admire your initiative. They, too, will benefit by having an employee who knows how to deal with some of the very same problems they face.

2. You’ll learn techniques that will last a lifetime. This seminar is full of specific ideas you can put to use right away. You’ll leave eager to try them and confident they’ll work.

3. You’ll learn behavior modification skills people will notice and want to copy themselves. After all, poise and confidence in controlling your emotions are enviable traits.

4. Your day will fly by. When learning is fun, time goes fast and what you hear stays with you. This seminar is always a lively and entertaining learning experience.

5. You’ll have a productive learning day — guaranteed. If for any reason you find this training is not for you, just let us know. See our outstanding guarantee below for more details. You really have nothing to lose!

This seminar is a great opportunity for you to further your career skills and shape your personal behavior as never before. But you won’t know unless you go.

Answers to typical questions about this seminar:

Q. This seminar sounds unusual. Is it?
A. Yes, it is. But if you like to laugh, if you like to be challenged, if you like to learn from a wise and engaging trainer — you’ll experience a seminar you’ll remember for the rest of your life.

Q. Will I have to reveal my deepest, darkest secrets to a perfect stranger?
A. No. You don’t have to divulge any personal information if you don’t want to. While this seminar will challenge you, it will also be safe, comfortable and thoroughly enjoyable.

Q. Does attending this seminar mean I can never get angry again?
A. Absolutely not. Anger can be an appropriate and effective behavior. But only when you express it by choice — and in a way that achieves a positive result.

Guaranteed Results!

All of our seminars are 100% SATISFACTION GUARANTEED! We’re confident this seminar will provide you with the tips and techniques you need to stay calm and productive in any situation. If for any reason you are dissatisfied, send us a letter (Attn: Customer Relations) within 30 days of your seminar attendance stating the reason you were not satisfied, and we’ll arrange for you to attend another one of our seminars or receive a full refund — hassle-free.
Registration Information

**Enroll Today!** Hurry, our seats fill fast. Guarantee your enrollment by paying your tuition today. You will receive a confirmation once your registration is complete. **Payment is due before the program.**

**Quick Confirmation!** To receive your confirmation within 48 hours, please complete the Quick Confirmation section of the registration form. Be sure to provide us with your email address and/or fax number.

**Program Schedule**
Check-in: 8:30 a.m. – 9:00 a.m.
Program: 9:00 a.m. – 4:00 p.m.

**Cancellations and Substitutions**
You may cancel your registration up to 10 business days before the program, and we will refund your tuition less a nominal cancellation fee. Substitutions and transfers may be made at any time to another program of your choice scheduled within 12 months of your original event. Please note, if you do not cancel and do not attend, you are still responsible for payment.

**Please Note**
- You will be notified by email, fax and/or mail if any changes are made to your scheduled program (i.e., date, venue, city or cancellation).
- Walk-in registrations will be accepted as space allows.
- For seminar age requirements, please visit http://www.careertrack.com/faq.asp#agerequirements.
- Lunch and parking expenses are not included.
- Dressing in layers is recommended due to room temperature variations.
- You will receive a Certificate of Attendance at the end of the program.

**Tax-Exempt Organizations**
If you are tax-exempt, enter your tax-exempt number in Section 6 on the Registration Form. Please mail or fax a copy of your Tax-Exempt Certificate with your registration for payment processing.

**Tax Deduction**
If the purpose of attending a CareerTrack program is to help you maintain or improve skills related to employment or business, expenses related to the program may be tax-deductible according to I.R.C Reg. 1.162-5. Please consult your tax adviser.

**Continuing Education Units (CEUs)**
CareerTrack offers CEU credits based on program length and completion. Credits are issued according to the National Task Force for Continuing Education guidelines and approval is at the discretion of your licensing board. Questions or concerns should be directed to your professional licensing board or agency.

**Professional Development Units (PDUs)**
As a Registered Education Provider (R.E.P.), our organization is approved by the Project Management Institute (PMI®) to offer Professional Development Units (PDUs). For more information, please visit www.pmi.org. Our organization’s R.E.P. number is 3992. This course qualifies for 6 PDUs.*

**Completion & Continuing Education Certificates**
To obtain a certificate documenting your completion and/or CEU, CPE or PDU credits, please visit www.careertrack.com/certificate. Certificates will be available 10 days after your event has ended.

**Update Your Contact Information!**
Simply make corrections to the mailing label on the back page of this brochure. Mail corrections to P.O. Box 413884, Kansas City, MO 64141-3884 or fax to 913-967-8849. We’ll change our records for the very next update. Thanks!

*For me, the message of the Managing Emotions Under Pressure seminar was incredibly self-empowering. I am now able to make choices I never knew I had. Thanks for a great day!*

Lesley S. Keneipp, graphic artist
Texas Tech University, Lubbock, TX

**Onsite Training Solutions**

Get the Results You’re Looking For!
Bring our powerful, high-impact training programs to your organization and show your employees you’re serious about their professional growth and achieving critical organizational goals and objectives.

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From management development to customer service, our comprehensive library of courses provides a learning experience that is engaging, interesting and intriguing!

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We’ll help you choose the appropriate courses for your organization and tailor each one to address your specific goals, issues and scheduling concerns.

Maximize Your Training Budget!
Onsite Training allows you to train work groups, teams and entire departments for less than the cost of traditional public seminars or other training options.

Give your staff the skills, knowledge and confidence they need to meet tough workplace challenges head-on, realize their full potential and perform at their peak.

For a free consultation, visit us online at careertrack.com/onsite or call us at 1-800-944-8503!
1. **YES!** Please register me for the one-day, *Managing Emotions Under Pressure* seminar indicated below. Group discounts available; see page 6 for details.

2. **IMPORTANT!** Please fill in VIP number as it appears on the address label.

   **VIP _______ _______ _______ _______ _______ _______ (if available)**

3. **ORGANIZATION INFORMATION**

   Organization: ____________________________
   Address: ____________________________
   City: __________ St: __________ ZIP: __________
   Tele: __________ Fax: __________
   Approving Mgr’s Name: _______ _______ _______ _______ _______ _______ _______ _______ _______
   Job Title: ____________________________
   Email Address: ____________________________ (Business) _______ (Home)

4. **QUICK CONFIRMATION**

   - Please email or fax my confirmation to me within 48 hours.
   - My email address or fax is: ____________________________

5. **NAMES OF ATTENDEES** (Please list additional names on a separate sheet)

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<th>#1 Attendee’s Name</th>
<th>Job Title</th>
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<th>Email Address</th>
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6. **METHOD OF PAYMENT** (Payment is due before the program.) Please make checks payable to CareerTrack and return form to: P.O. Box 219468, Kansas City, MO 64121-9468. Our federal ID# is 43-1830400 (FEIN).

   Please add applicable state and local tax to your payment for programs held in Hawaii (4.166%; Honolulu 4.712%), South Dakota (6.5%) and West Virginia (6%; plus applicable local tax).

   Total amount due: $________________________
   - [ ] Check #__________________ (payable to CareerTrack) is enclosed.
   - [ ] Bill my organization. Attn: ____________________________
   - [ ] Purchase order #__________________ is enclosed.
     (Attach purchase order to completed registration form.)
   - [ ] Charge to: [ ] AmEx [ ] Discover [ ] MC [ ] Visa
     MO YR: ____________________________

   Card Number: ____________________________
   Card Holder’s Name: ____________________________
   Tax-Exempt #: ____________________________

   Please attach a copy of your Tax-Exempt Certificate for payment processing.

   **Note:** If you’ve already registered by phone, by fax or online, please do not return this form.

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