



# PAUL'S MOST POPULAR TOPICS

## **Oops, I Forgot** (Keynote)

**Reclaiming the power and passion of why you signed up.** Remember the joy you had when you first started your career? The real reason you decided to do what you do? The feeling in your heart when you knew you were on the right track? Let's find it again, rekindle it and get things back on track.

All topics available as keynotes, breakouts and trainings.

## **Keeping the Fire Burning /Rekindling the Fire** (Breakout/Workshop)

Let's dig a bit deeper and keep it going! We'll remove more of the obstacles that get in your way and provide you with long term, active steps to keeping the joy. Receive custom answers to your burning concerns. This is a customized workshop, tailored towards your specific needs.

## **Okay, Now What!?** (Keynote)

**Positive Leadership in a Climate of Change.** Paul shares easy and effective tools to take all your skills, old and new, and lead in the real world. You'll discover how to not let others influence your passion and drive. You'll learn how to stay focused on what you want, remember who you are and create the positive changes you want!

CEU's and STARS available at all WA trainings.  
  
Manager only training available on all topics.  
  
All trainings also available in series or several day formats.

## **Alleviating Burnout** (Staff and Managers)

In these times, it's easy to become overwhelmed with your job and burn out. Paul shares ways of changing your perspective, managing time and getting you – and/or your staff – back on track.

## **The Importance of Self Care**

(Staff and Managers) Are you stressed out? Learn that it's okay to take time for yourself. Find effective ways to reduce stress, get more done and increase the joy in your life. Learn how to not take other people's challenges, emotions or reactions personally and create more space for you!

## **Seven Steps to Phenomenal Management**

Improve your organization by going beyond technical skills. Paul teaches you how to use the power of communication to **Engage, Motivate and Inspire**. These approaches are **Revolutionary!** "Seven Steps" is a must for any manager or CEO wanting to create and sustain a thriving company.

## **Compassionate Leadership** (Audio CD available.)

Learn the links between increased self-awareness and true leadership. Understand the importance of holding the vision, demonstrating respect and acceptance through behaviors. Learn skills to create a thriving, productive and more profitable/productive work environment.

Member



*"Paul's presentation style is truthful and uplifting. I valued learning how to think about my own triggers so that I can focus on the positive.*

*I also learned how employees have to change from within themselves. I plan to focus on employees positive strengths".*

Sabrina Miller  
Site Supervisor  
Yakama Nation Head Start

*"As chairperson for the Education Committee I would like to thank you for your wonderful presentation for the Franciscan Hospice & Palliative Care.*

*Review of the evaluations was very positive. Here are a few quotes:*

*'I realize that the only thing that is constant is change.'*

*'I appreciated the tools. They are useful for life and work and they connect to the human experience.'*

*Thank you for your insights, your enthusiasm and your caring that comes alive in your presentation."*

Pam Ketzner, RN, MN,  
CHPN  
Franciscan Hospice &  
Palliative Care  
Nursing Educator

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*"His presentation is not a lecture; you are actively involved in what you are learning!"*

*I appreciated the tips for time consistency and tools to change things that aren't working."*

Samantha Arndt

*"I loved Paul's speaking style. The training was informative and helpful. I learned tools for my life... I'm not so overwhelmed."*

Jonelle Held  
Preschool Teacher  
NW Center Child Develop.

*"He kept the presentation interesting and fun. I valued really sitting down and figuring out the true meaning behind gossip."*

Latisha Adams

*"Paul's presentation was great; his humor added to it. I usually don't speak up during trainings and I felt comfortable enough to."*

Christel Pither  
Teacher  
Center Elementary

*"I liked that it was interactive and demonstrated real life situations. I learned how to deal with students, staff and parents... as well as situations at home. I now have tools to be more compassionate."*

Gretchen Guhlke

*"I valued every single aspect of the training. Paul's style is excellent! I liked how he models the whole process."*

Robin Pratt  
Teacher  
Auburn School District

## Trust in Leadership

Discover this ground breaking approach to management. See how leading this way increases productivity, esteem and the work environment. (This also works for you.) You'll learn skills and ways to support yourself and others to lead this way. When you trust, people step up and exceed your expectations.

## Conflict Resolution / Prevention

During this highly interactive and effective training, participants learn the underlying motives behind conflict. You learn a common and easy language and are taught proven tools to manage and work through conflict effectively.

Staff surveys are also available.

## Gossip Prevention

This focused training teaches your staff and management effective tools to eradicate this malicious problem. Participants learn the real definition of gossip, why people choose it and are given positive ways of communicating. They leave with tried and true skills to prevent gossip and avoid the trap in the first place.

## Effective Teamwork and Inclusion

Paul shows the importance of teamwork and the inclusion of other people's ideas and beliefs. Paul shares concrete ways to improve teamwork in your workplace. He shows ways to support others to "count themselves in", and you'll discover the harm exclusion can do. You'll also see the benefit to the individual, and the group, of including other people's ideas.

## The Big Picture is Amazing

Discover how to remember the big picture amidst day to day problems. You'll receive tools to put things in perspective and make the "challenges" you're facing seem easier. This is great for groups dealing with change, where morale is a problem, you have a negative environment or your staff is getting caught up in things that aren't working.

## Compassionate Classrooms

Put the fun back in your day! Learn effective strategies to help you not get caught up in the "trauma and drama" some of your students experience. Receive effective tools to stay detached, help them achieve their dreams and make your teaching day more productive.

## Compassionate Workplace (Staff and Managers)

Learn effective strategies to help you not get caught up in the drama some of your staff and co-workers try to create. You'll receive effective tools to not take things personally, stay objective, focused and bring the joy back to your day!

## The Drama Triangle

**The trap and solutions.** Learn the three different positions on the Drama Triangle and see how they try to stir things up! Receive insights as to why people make this choice, ways to prevent it and skills to not get involved in the first place!

**Paul Figueroa**  
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*"Paul's presentation style was personal and positive. His training made me take a look at how I think and how I need to change. I plan to be more positive and less of a perfectionist."*

*"Thanks to his training I plan to be aware of knee-jerk reactions. Even though it's small and short lived, it can cause communication problems with others."*

*"This training was excellent! Paul is a mind-opening and excellent speaker."*

Training Participants

*"He keeps it very real using things people deal with daily. Thanks to his training I learned to examine myself to help me be a better person."*

Latonia McMurry

*"I liked how he showed us how to turn negative into positive, the use of self-assurance and affirmations about who we are."*

Frankie Casto

*"Paul's passion is clear and he sets a positive tone for the training. He reminded me to be patient and open with other people."*

Stephanie Pelz

*"Paul made sure everything was clear and that we understood. I valued learning what I can do in future conflicts."*

Tiffany Simon

## Structure! Who Needs Structure?

Paul helps kids and adults look at the importance of structure and ground rules and why it's crucial for them to be applied consistently. He illustrates various approaches and shows how internal drivers set up obstacles to receiving and applying structure. He also shares how to create loving structure that's appropriate for any situation.

## Workplace Bullying Prevention

For the person misusing their power and the people working with them. Paul discusses what bullying is and looks at why individuals make this choice, sometimes without realizing it. You'll receive effective remedies to prevent bullying and help those affected stop the behavior. He also shares ways for individuals to say "No" from a place of power.

## Bullying Prevention (General)

For youth and people working with them. Paul discusses what bullying is and looks at why individuals choose to bully. He shares insightful remedies to prevent bullying, help the bully heal and stop the behavior. He also shares ways to effectively support the victim to stand up and say "No" from a place of power.

## Moving Through Fear: A Pathway to Success

Paul helps staff and participants move through fear created by these troubled times. He shows ways of doing easy reality checks, how to change your focus to what you want and how to break through and create the abundance and success you want to achieve. Great for individuals, staff and management.

## Positive Choices for a Happier Life

You are not your current situation, and whatever has happened to you does not define who you are! Paul shares his personal story and insights in this life-changing experience. He shows you how to make the changes you want!

## Positive Choices and Respect

Paul shares easy ways for kids (and adults) to make better choices. He teaches ways you can help them, uncovers the power of choice and illustrates how blaming is ineffective for problem solving. You'll see how our choices can invite others to treat us poorly and discover the importance of respect, and how to obtain it.

## Gang Prevention

Paul uncovers ways to help youth avoid the trap and pitfalls of this fake "family." He shares concrete insights from his 12 year police career and Street Gang Expert experience. He explains why young people find this form of "family" important and provides you with ways to help them resist the pull. You'll leave with effective strategies to prevent – and help them make a different life choice.

### Other topics available:

- Positive Choices for a Happier Workplace.
- Goals, Structure, Results: How to Get the Changes You Want.
- Overcoming Obstacles.
- Managing Job Stress.
- How your Thoughts Create Your Reality.

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