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## **GET UP - STAY UP!**

### **How to STAY Motivated and Focused**

Less than 1 in 10 people are enthusiastic, upbeat and ready to go all day. For most people, motivation and focus can come and go unpredictably, and way too much time can be wasted. Meanwhile, business and career successes can happen at any moment. Most people are unaware of the cost of being stuck, drained or scattered.

- Would you like to enhance your **best performance** consistently?
- Do you find that sometimes you are **up**, but all too often you are **not**?
- Are you ready to optimize your **own energy** and how you use it?

### **Enjoy Positive Energy and Productivity Every Day – ALL DAY**

Join this lively conversation and come away with:

- New understandings of what works - how upbeat people stay motivated.
- Unleashing your natural strengths and the power of focused direction.
- Remove energy drains and navigate obstacles to your success.
- Manage the impact of people on your ups and downs.
- Learn and practice how to consistently be your “best self.”

**Jonathan Flaks, M.C.C.\* Business Success and Team Leadership Coach** specializes in motivation, productivity and team dynamics. He is the author of *"Who Are You, Inc., - Bring Out Your Best In Business"* and *"Income Double/Half the Trouble."* With a diverse 20-year business background, Jonathan has served individuals and groups from Disney, Goldman Sachs, IBM, BMG Entertainment, Cornell University, KPMG, NBA, The United Nations, Morgan Stanley and many entrepreneurial endeavors. Jonathan holds a dual degree from Cornell University and has been an adjunct professor of business planning, leadership and coaching skills at New York University. He founded and is lead facilitator for IAC (Infinite Achievement Circles) and founded the Westchester chapter of the International Coach Federation.

\* MCC = ICF Master Certified Coach. Full bio available at [www.jfcoach.com](http://www.jfcoach.com)