



Introducing

FOUNDATION 4 SUCCESS

Hey, we get it, coming to the Chamber for our educational programs is not always ideal so ... let us bring it to you!

Long-term business success, as in most areas of life, is not coincidental; it's a result of discipline and planning; careful forethought, action and doing what needs to be done. It is not an accident. You build Success on the foundation of YOU. It starts with YOU.

YOU and BALANCE



– Success starts with you so, how do you prepare for success? There is an undeniable link between fitness and success. This is partly due to the fact that regular exercise enhances your physical and mental state, which lifts up all other areas of your life as well. In addition, fitness builds a fundamental knowledge base of the mindset you must cultivate in order to achieve anything that seems out of reach.

STRESS



– Stress is a normal and natural part of life. We all have it, what do you do with it? How you manage stress relates to how you manage yourself so, why not learn how to use the feelings that fuel stress to your advantage? Learn to embrace stress with simple tools that will surround you with positive stress, giving you the opportunity for personal growth, empowerment, great performance and even peace in the face of adversity.

THINK and GROW



- Why do only a small number of people achieve their goals, while the remainder of the world is left to just dream about what they wish they could have? Chances are, it's not talent or luck that differentiates them. The difference is a simple matter of mindset. The mindsets between those that succeed and those that don't are drastically different. The starting point of all achievement is Desire, what do you want? What do you really want?

COMMUNICATION



- Success can only be achieved through the ability to communicate effectively with others. Knowing your own style and how to predict the behavior of others is necessary for successful communications. This module allows you to examine yourself and others, identify your unique style and determine how you think, behave and interpret what others are saying.

Michelle Cozine

Director of Education



Michelle's definite chief aim is to inspire, educate and encourage an atmosphere of growth for people and organizations.

She has a Master's degree in Human Relations and Psychology, and has taught in her field at various University's for over 18 years. She served as an academic advisor for Tarleton State University and has a rich and lengthy background in program development, adult learning, project management and community outreach. She has been a keynote speaker on such topics as 'Healthy Lifestyles: Gateway to Happiness', 'College as an Organization' and 'Stress Management'.

Michelle has a passion for and also focuses her attention on physical well-being as a certified fitness instructor.

It was her experience with Leadership Mansfield that led her to be a lasting member of the Mastermind program with the Mansfield Chamber of Commerce. She believes that growth is a natural part of life and it is necessary to foster advancement in work and personal life.

Lori Williams

President / CEO

Lori's definite chief aim is to create change in the thoughts and minds of those around her to inspire growth.



Prior to the Chamber Lori was a past Advisor and Trainer to the Business Community, Military, Professional Baseball, Retail and Staffing Industries since 2001. Lori worked with the Local Entrepreneur to Fortune 500 Companies and from National to International.

"I believe that the only constant in life is change ... every business will experience periods of growth until it reaches a plateau. At every plateau, decisions for change must be made to inspire growth once more. If a business "stays the same" and the decision for change is not made, a business declines".

It is because of her unique background that enables Lori to help chamber members grow their business, it's what she did for more than 15 years prior to coming to the chamber.

Lori is very strategic in thought with the ability to see various possibilities turning thoughts and ideas into action. She can quickly assess the unique qualities in people and businesses and how they can work more productively together. An incredible forward thinker with a constant focus on changes ahead and how to adapt to those changes.

Lori started her career in outside sales in 1982. She quickly moved to Branch Management, Area (multi-office) Management to Regional. Her training career started as Area Vice President/Franchise Support. Supporting 43 offices in 5 states. She is an Agent of Change - Trainer, Public Speaker, Published Writer and Business Consultant.

How Does it Work?

- Select the course(s) of your choice
- Set up your day and time
- We'll reach out to cover logistics and any prep work prior to the course

That's it! We'll take care of the rest.

Pricing: \$150 for 2 hours

Discounts for membership level

Marketing 30% discount

President 50% discount

Chairman included in membership

Ready? Send us an email:



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