

# TIM GARD

HALL OF FAME SPEAKER



## CHANGE THE GAME

STRESS REDUCTION

When your organization needs training on how to reduce stress and dysfunction, it's time to Change the Game!

The pressure to accomplish more with less, meet tight deliverable expectations, and respond with professional promptness can create stress, cause team dysfunction, and even decrease morale. The attitude that “everything seems so serious, heavy, and intense” is more than unproductive; it's a truly unhealthy way to work and live!

Participants learn how one person can “change the game” for all players by applying easy-to-understand and hard-to-forget concepts—ones that champions have been using for centuries in sports, business, and life in general. Providing a shift in perspective and approach can influence the playing experience for everyone in a multitude of tangible and valuable ways.

Ideal for both government and private business, this program helps you discover how to change any game to your advantage when encountering situational stressors, toxic people, and various challenges inherent to life.

### CONTACT

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“If you are looking for someone who is truly going to engage with your audience and provide a fun and meaningful event, Tim is the guy!”

SYNLawn

Virtual/Onsite Workshops

Laughter Becomes You