

GOOD WOOD COMES FROM STRESSED TREES

This 45/60 minute presentation format is aimed at groups that can include school students at secondary school level, sporting groups of all ages looking for motivation, or corporate environments. Based on the philosophy that it is not what happens to us that is important but rather how we respond to adversity that will determine our ultimate success in life, at some time all of us must face such a challenge and hopefully emerge stronger from the experience

All too often in life we find when faced with adversity we become preoccupied with the negative consequences that may result from such adversity. What we in fact need to do is take the attitude that from such problems we become stronger as we face and overcome such adversity. Following the old adage that “Good wood comes from stressed trees”, it is from the daily challenges that face us that we in fact learn to grow stronger.

Depending on the profile of the audience we explore various methods of dealing with the challenges of academic life, maximising your potential in sporting competition, or striving for success in career pursuits. Whether you're a Year 12 student facing the stress of VCE, an elite athlete striving to be the best you can be, or someone looking for promotion in their career this presentation will provide a Plan for Success. Drawing on my experiences as a sporting coach for 41 years, as a teacher for 35, and as a policeman, journalist in print and electronic media, a factory worker, truck driver, corporate manager, small business owner, and father of three I believe I can relate success techniques that people from all backgrounds will identify with.

If you like the majority of people in society today find you need help in finding a way to overcome the stress and negativity that accompanies the challenges we all face in our daily lives than you can benefit from this seminar. Remember we don't drown from falling into water, we drown from staying in it. So if you find yourself sending out an S.O.S. for help this presentation can prove a life saver for you.

Dale Platek

2 Amlyn Crt, Kinglake West, Vic 3757

Ph/Fax: (03) 5786 5717

Mobile: 0414 465 300

Email: info@daleplatekspeaking.com

WWW.DALEPLATEKSPEAKING.COM