



Laura Lagana

Success Solutions

... for an enhanced life.

Keynotes, Workshops, and Breakout Sessions

LAURA LAGANA PRESENTS . . .

KEEPING THE “U” IN VOLUNTEER

Volunteers are a vital part of our world and the heart of community unity. Their helping hands and generous hearts make a huge difference. This interactive session explores:

- ◆ What motivates people to volunteer
- ◆ What makes them "tick"
- ◆ What keeps them coming back for more
- ◆ "How To" tips on utilizing the volunteer's unique talents while keeping the “spark” of enthusiasm alive

MASTERING STRESS, BEATING BURNOUT

Stress is part of life. Preserve your health and peace of mind by making time for what is important to you. Instead of working harder, work smarter. The key is in learning:

- ◆ What stress is
- ◆ How to live *with* it successfully
- ◆ Letting stress work *for* you, instead of *against* you
- ◆ How to master the “stress response”

NURTURE THE “U” IN NURSE

Nurses are dedicated, hard-working, skilled professionals, who take care of others, but sometimes they overlook the need to nurture themselves. Everyone goes into nursing for different reasons. Everyone gauges success in different ways. At one time or another, most nurses feel stressed, drained, and disillusioned. This presentation is designed to explore #1 and to provide self-care strategies to enhance personal health, wellness, and productivity. At the conclusion, participants will be able to:

- ◆ List 2 tools that can be used to improve personal health and well-being
- ◆ Understand the rationale behind managing time and setting goals to promote peak performance and satisfaction
- ◆ Recognize 2 major challenges at work and home and learn successful coping strategies for each

Laura Lagana

P.O. Box 7816, Wilmington, Delaware 19803

Telephone: 302-475-4825

Web site: www.LauraLagana.com

E-mail: Laura@LauraLagana.com

SERVICE: SHARE THE ENTHUSIASM, SPREAD THE WORD

Promotes self-awareness and encourages volunteers and directors to:

- ◆ Become more aware of how important they are to their communities
- ◆ Make the most of newly acquired information to attract new "helping-hands"
- ◆ Relax, have a good time, and appreciate the camaraderie

SHARING KINDNESS, CHANGING LIVES

Everyone has the potential to make a positive impact in our world and to make a difference. This presentation illustrates that each one of us has the ability to change another's life, whether through a formal volunteer position, or through random acts of kindness.

THE HEART OF COMMUNITY UNITY (Keynote)

This inspirational and energizing keynote presentation reminds volunteers just how vital their collective time and talents are to the health and wholeness of their communities.

TOUCH, INSPIRE, AND HEAL THROUGH STORIES

The words, "Once upon a time . . ." create instant intrigue. The revelation "Let me tell you what happened yesterday . . ." draws people around the office coffee machine like bees to a hive. In all societies, stories have served as vehicles for sharing the human experience. Today, communicating globally via the Internet has opened up a world of new possibilities for writing and sharing our stories. In the midst of our complex, stress-filled lives, stories continue to add purpose and meaning to our lives. Participants will find out how:

- ◆ Narratives provide clarity, direction and meaning to our lives (i.e., journal, diary)
- ◆ Writing and telling personal stories has a positive impact
- ◆ Shared stories can be a therapeutic and beneficial experience

(Available as Workshop Sessions or Keynote Presentations)

For inquiries, and to schedule a presentation, contact
Laura Lagana directly.

Laura Lagana

P.O. Box 7816, Wilmington, Delaware 19803

Telephone: 302-475-4825

Web site: www.LauraLagana.com

E-mail: Laura@LauraLagana.com