SEMINAR NOTES

CHRISTINE CASHEN

The Fun Factor

Study after study shows that organizations and teams that have fun on a regular basis get more done. Having more fun at work improves morale, keeps people motivated, lowers stress, and leads to a happier workplace environment. At home, the benefits are just as evident. Get ready to bring more fun into your personal and professional life, as expert speaker and motivator Christine Cashen brings you this fast-paced, entertaining program. You'll discover keys to having more fun, ideas for managing challenging situations, tactics for lowering stress, exercises for creative thinking, methods for understanding others more effectively, and much more. Whether it's other people who are driving you crazy, or you just need a little more fun in your own life, this program is guaranteed to add more joy to everything you do.

For more than 10 years, Christine Cashen has been highly sought-after as a corporate trainer and keynote speaker. She travels the globe, dazzling audiences throughout the United States, Canada, South Africa and Australia, teaching people how to have more fun, lower stress, and communicate more effectively. As a member of the National Speakers Association, Christine has been awarded the Certified Speaking Professional designation, and is an authority on sparking innovative ideas for handling conflict, boosting productivity, and reducing stress. With a Bachelors Degree in Communications and a Masters Degree in Adult Education, Christine Cashen brings both practical knowledge and real world skills to her seminars and workshops.

How to Boost Productivity, Lower Stress, and Understand People Better Than Ever

Christine Cashen