



# Optimize Performance with Emotional Intelligence

Liz Plaster works with leaders and teams around the world helping them use emotional intelligence to get better results. Emotional intelligence (“EQ”) is the ability to use emotions effectively – the key competence for relating to people, sustaining drive, and optimizing performance.

Liz utilizes top performance data and time honored principles that provide the audience with the core competencies to harness their own unique EQ power . . . to be smarter, happier, stronger, and more effective professionally and personally.

As a keynote speaker and facilitator, Liz’s dynamic, humorous and authentic style creates trust. Audiences leave motivated to action. She addresses specific organizational issues using hard-core science made practical and tailored specifically to her audience.

## PEOPLE LIZ WORKS WITH:

Shell  
SYSCO  
McGraw-Hill  
Lakeshore Inc.  
Office Pavilion  
The State of Oregon  
CDC of Brazoria County  
The University of Texas Health Science Center  
Los Angeles Unified School District  
The University of Monterrey, Mexico

## CONTACT LIZ TODAY!

713.937.8005



**"Liz's innovative and creative approach was pivotal in expanding my ability to motivate and lead others."**

Katy Berube, Senior Manager  
Pepsico



Liz Plaster, M. Ed., is the founder and General Partner of Positive Performance L.P., a solutions oriented firm and part of the Six Second's World Wide Network, one of the world's only training, consulting and research organizations exclusively dedicated to emotional intelligence. An expert in emotional intelligence, Liz has over 20 years in research and application in human behavior and performance.

## MOST REQUESTED PROGRAMS:

### EQ: At the Heart of Business

Why are organizations from the US Navy and Marine Corps to FedEx and American Express utilizing emotional intelligence? EQ is the foundation for highly effective workplace relationships – a key component in building trust, influence, and engagement. Learn critical skills and core competencies built on hard core scientific data. These have bottom-line value for leadership, sales, and customer service.

### The EQ Leader: Using All Your Smarts

Are you using all your smarts? Learn the key competencies for world class performance, for bringing your best to what you do. Research shows that the most influential individuals – those who get things done and build relationships at the same time – are those who have high EQ. Emotionally intelligent leadership creates higher productivity, better customer service, greater sales, and longer retention. Emotions drive people. People drive performance. Got EQ?

"Liz Plaster and her 'Positive Performance' model do incredible work for individuals, project teams and entire organizations. For many years and in a wide variety of situations, she has proven her ability to fully understand and work with complex organizational and personal issues. By seeing all sides and understanding how things work deeply within, she delivers innovative solutions that best match the individual's true values and the organization's mission."

–Julie Ann Herringa, Milwaukee Technical College  
Milwaukee, Wisconsin

## WHY LIZ?



- Liz lives life with energetic intention. She is values-driven and focused. Participants come away with practical, down-to-earth tools, ready to make a difference.
- Meeting planners rely on Liz again and again because she is credible, dependable, easy to work with, and the participants love her. Liz puts clients first.
- Liz never gives a “canned” or “off-the-shelf” presentation. Her proven principles and relevant content are wrapped around issues that are specific to the audience.
- Liz believes that attitude is a choice. She says, “Don’t rush through life with your hair on fire – make work fun!”

**“Liz's dynamic presentation made our conference. We could have never set such a positive tone without her. Her energy, enthusiasm and commitment are contagious.”**

Dr. Pam Schiller, VP of Marketing  
SRA/McGraw-Hill

## CONTACT LIZ TODAY!

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Liz  
PLASTER



### Liz's Presentations Result in People:

- discovering ideas
- remembering the message
- thinking straight
- taking responsibility for change
- moving forward
- laughing
- realizing the value of their gifts and talents to the organization