

## MY LIFE ROCKS! SIMPLE STEPS TO ATTITUDE ADJUSTMENT

**AUDIENCE:**  
management, staff,  
residents,  
caregivers, family  
members,  
businesses and  
organizations,  
students.

**PRESENTATION  
TYPE:**  
Keynote

**TIME FRAME:**  
30-120 min

**TEACHING/  
LEARNING  
STRATEGIES:**  
Lecture

**AUDIO-VISUAL  
EQUIPMENT  
REQUIRED:**  
1 lavalier  
microphone

Effective and inspiring. You will never look at your life the same again. Not after you hear Chez's stories, ideas, and songs. With his powerful but fun message Chez will change the outlook of your company or organization by changing your attitude. If you want your team to be ready for the good, the bad, and the tough tomorrows, this presentation will elevate the hearts, minds, and souls of your people. He will help you **ROCK YOUR LIFE!**

(photos: Chez in a rock band, 1990; Chez with very first new jeans and jackets in front of Target at age 26, 1986)



### **Learning Objectives:**

By the end of this presentation you will know how to use 11 tools to build or rebuild your attitude. The tools are:

- M MAPPING
- Y YOUTH
  
- L LOVE
- I IMAGINATION
- F FUTURE
- E EDUCATION
  
- R RELATIONSHIPS
- O OPENNESS
- C CONNECTION/RECONNECTION
- K KINDNESS
- S SLEEP



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