

Create a Better Working Environment ...

... where management derives as much benefit as staff



Jacquelyn Ferguson, M.S.

Trainer | Presenter | Author

This energetic, dynamic professional brings a combination of problem-solving skills, speaking expertise and business experience to your organization. She has designed and facilitated training programs for business, education and government over the last two decades. Jackie has presented throughout North America and the UK, Australia and New Zealand and in Europe. She also specializes in developing curricula, which include a written outline, handouts, leader's guide, etc. You can buy a program as well as the right to present it in-house.

Expertise areas include:

- Stress Management
- Diversity
- Self-Esteem
- Communication Skills
- Improving Relationships

Life-long learning is a necessity, not a luxury, in the fast-changing world of today. Yet staying up-to-date with technology and needing to improve interpersonal skills can add loads of stress to your working environment.

As a stress coach, trainer and presenter, Jacquelyn Ferguson makes a marked difference in how both managers and employees “show up” in the workplace. When they work with her, they learn to:

- Improve team work
- Manage stress better
- Communicate more fully
- Become better problem-solvers
- Be more accepting of differences in people

The result? They're more confident and stay around!

Keynote and Seminar Topics

BECOME YOUR OWN STRESS COACH

- Stress Management for Professionals
- Teaching Kids How to Deal with Stress
- Coping at the Speed of Change

COMMUNICATION SKILLS

- Communicating with Impact: How To Be Taken Seriously
- Assertiveness Training

DIVERSITY TRAINING

- Building Diverse Teams
- Managing Foreign-Born Employees

IMPROVING RELATIONSHIPS

- Self-Esteem For Professional Competence
 - Moving Beyond Workplace Negativity
-

MOST REQUESTED KEYNOTES:

Slow Down, You Move too Fast - Stress Management

The Buck Stops Here - Personal Responsibility

Become Your Own Change Agent - Making Personal Changes

Jacquelyn Ferguson's Credentials and Work History

- Owner, InterAction Associates
- Licensed Therapist
- Stress Management Specialist
- Author/producer of audio tapes about stress and self-esteem
- Program Director, Community Mental Health Center, FL
- CareerTrack presenter
- U.S. Peace Corps volunteer in Colombia, S. America; Recruiter.

Educational Background

- B.S., Secondary Ed/Spanish, Mankato State University, MN
- M.S., Community Counseling/Psychology, Mankato State University, MN

PARTIAL CLIENT LIST

NASA
Coca-Cola
AT&T
IBM
Dean Witter
Disney University
Federal Reserve Banks
Local/State/Federal Agencies
Consultancy Companies
Various Universities

What Clients Say About Jackie's Presentations

"Excellent and well-thought-out presentation. By far the most useful seminar I have attended."

-T. S. Pesut, Account Executive, Dean Witter, FL

"Jackie is a most dynamic speaker. She presents complex information in an easy-to-learn manner."

-Anne Balletto, RN, Counselor, MN

"It was terrific! The presenter was absolutely excellent."

- S. Sorel LeDuc, Program Supervisor, State of Connecticut

"This was an invigorating, refreshing and stimulating day ... not to mention just plain enjoyable. Jackie was fantastic. She has such energy and humor."

-R. Lappies, Senior Editor, Book Creations, Inc., NY

"The Stress Reduction program was outstanding! I wish I had heard Jackie speak when I was 20 instead of 40."

-Paul Cook, Benefit Rep, Kenney, Webber, and Lowell, TX

"My stress management sessions with Jackie were wonderful. We got right to the point and tackled the problem. The solutions were right on target."

-Linda Fitzgerald, Customer Service Representative, CA

"Jackie Ferguson was very effective as a speaker, with excellent presentation of materials. Any individual could put the information to good use at home or work. She was very knowledgeable and impressive during the entire workshop."

-S. Grissom, Systems Specialist, Southern Illinois University

CONTACT:
