



Seminar: **ON-Track Strategies Maintaining Focus at 97 mph**

It takes more than desire to succeed in life - it takes real tools and a specific process. After the inspiration of Cary's keynote presentation, this breakout session drills down into the "Winning Secrets." These are the secrets that sport follows to set world records. During this dynamic seminar, Cary shares these tools and techniques to help people foster excellence in your highly competitive industry. Pursuing this same approach in your organization guarantees success over the long run.

The Winning Secrets Participants will Learn are:

1) Lunge Forward: In this session you will identify many of the internal barriers that are holding you back from greater success and enjoyment. You will be given a 4-step process to retrain your instincts for better reactions and better results. Lunge Forward is about being fully proactive, strategic and engaged. You will learn this powerful concept and how to apply it immediately in your personal and professional life.

2) Be Resilient: We all have set backs and challenges. We don't need "Redundant Persistence". We need "Adaptable Persistence". By following the Bounce Back Cycle™ top performers get back in the game quickly with new improvements and a slightly new approach each time. You will dive into this innovative concept and harness the ability of becoming more adaptable through today's pressing challenges.

3) Teamwork Wins: Lone wolves don't win for long. *Fully harnessing the power of a team saves us time and energy, keeps us motivated and increases our own personal results and the results of the team.* This secret not only makes winning possible, it makes winning easier. In sport and in business, working with a team helps us to leverage best practices to save time and energy so we can experience more personal success. 'Teamwork Wins' will help you learn from your teammates, even the ones who you are finding it difficult to work with.

"Cary, I had to write you because I am so excited. I took the ON-TRACK handout that you gave each of us from your presentation and I taped it to my telephone. With every incoming and outgoing call, I asked myself your question, 'Is this ON-Track or OFF-Track to my Big Worthy Target?' With every email and every person walking into my office I asked the same question. In one week, I saved over 8 hours. Thank you for a practical system that works."

Don Khoury, Vice President - Real Estate

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Discover Tools for Winning**

The Sports Speaker with Substance