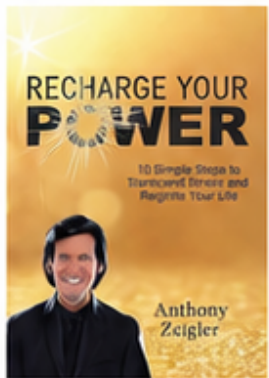


Anthony Zeigler
presents



Transcending Stress with 10 Simple Steps



This is an enlightening seminar based on Tony's book, *Recharge Your Power: 10 Simple Steps to Transcend Stress and Reignite Your Life*. Available on Amazon.

- ✦ Enrich teamwork
- ✦ Create enthusiasm
- ✦ Enjoy work more!
- ✦ Use humor to reduce stress
- ✦ Utilize state-of-the-art self-care strategies
- ✦ Strengthen persistence and determination
- ✦ Improve goal setting and achievement

Anthony Zeigler, M.A. holds a master's degree in Speech Communication and a bachelor's degree in Psychology with a minor in Theatre Performance. In addition to doing motivational seminars, he has taught Speech and Theatre courses on the college level for over 20 years. His seminars include high-energy, music, humor, interactive exercises, and **motivation that lasts!**

"Tony Zeigler's program was absolutely outstanding! It was evident that Tony spent his time researching the audience, understanding what their challenges and needs are, and he gave them the solutions they needed. One of the biggest takeaways from Tony's presentation was the confidence he brought each one of us to embrace our true gifts and talents, stay on course, and never give up. I highly recommend his program and am so glad we hired him!"

-Amy Lemire, CSP
President of AIM Training and Consulting

"Tony proved to be entertaining as well as highly knowledgeable on his subject. He is an engaging speaker and the audience was very attentive and responsive!"

- Julie Willis
Speech and
Theatre Professor



618-340-5747
tonyzeigler.com