

Imagine:
Imagine:

a life with
half
as much stress
and twice
as much
accomplished.



Debra deWaal is a former Calgary Police Officer and is now the owner of Safe & Sound Safety Training & Consulting Ltd. Debra's 10 year career with CPS included 3 years undercover work in auto theft, stolen property and vice. Debra also spent numerous years working on the street as a uniformed officer.

Debra is a professional member of Canadian Association of Professional Speakers and has been developing and facilitating Mental Toughness, Personal Safety and Conflict Management Training to Canadian citizens since 1995.



All sessions are one hour in length and can be delivered together or in a series of lunch n' learns. To book the Personal & Professional Mastery Series, contact Safe & Sound.

To view other programs Safe and Sound offers, visit our website at www.safeandsound.ca or call us at 216-7000.

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PERSONAL AND PROFESSIONAL MASTERY SERIES



Presented by



In this dynamic 5 session series, learn how to take the stress out of your life and become more productive by learning the secrets of the Masters. *How?* Successful people all have one thing in common; their ability to understand and work effectively with others. This series will give you what you need to achieve mastery both in your personal and professional lives.

Facilitated by Debra deWaal, Owner Safe & Sound Safety Training & Consulting Ltd.

Are you going
90 miles an hour
with a stress headache
only to wake up
tomorrow and
do it all again?

Are you doing a job
that it took
3 people to do
10 years ago?

1 **SESSION 1 MENTAL TOUGHNESS**

This session will allow participants to achieve new, superior performance levels both at home and at the office. Get inspired and motivated in this dynamic session to learn how to perform at the upper limits of your talent while under stress and pressure.

2 **SESSION 2 "WHAT PLANET ARE YOU FROM?"**

- UNDERSTANDING YOURSELF AND OTHERS

This session explores how our actions and behaviours may be perceived by others and how to successfully manage those paradigms. We take a look at people "below the surface" to explore intentions, values and beliefs. The tools in this session are easy to understand and can be utilized immediately. The participants will gain an understanding of their own strengths as well as the strengths of those in their team.

3 **SESSION 3 "IT'S ALL ABOUT ME! OR IS IT?" - ACTIVE LISTENING**

Perhaps the greatest communication skill of humankind is active listening. This highly interactive session covers the essentials in building team and personal effectiveness by delivering the basics in how to be an expert active listener.

4 **SESSION 4 TEAM CHALLENGE "EGG REMOVAL"**

Put your new skills to work and save the rare doe-doe eggs from the feared acid pit! This session will allow participants to apply a simple and practical problem solving model. This team challenge will build upon the skills gained in previous sessions.

5 **SESSION 5 LIVING AN UNCOMMON LIFE**

- PERSONAL TIME MANAGEMENT & GOAL SETTING

Are the years passing by with too much left undone? Do you have focus in your daily life? In this dynamic session, learn how to clarify your direction, set meaningful life goals, and how to implement them into your busy schedule. At the end of this session you will be re-focused, energized and motivated to gain control and balance in your life.



*"If you don't know where you are going,
any road will get you there"*
- author unknown

Presented by

