



Janet Lapp

Over the past 25 years, Dr. Janet Lapp has established a global reputation for turning problems into opportunities, and is called on for the most challenging of change efforts.

From the government of the city of St. Petersburg Russia, to executive CFO's in Argentina, Dr. Lapp's firm has had a 100% success rate in meeting client objectives.

As one of North America's most in-demand presenters, she has been admitted into the prestigious Speakers Hall of Fame ... the "Oscar" of Professional Speaking, and has been rated by TI as one of the top three speakers worldwide. The powerful messages in her high-impact,

humorous and inspirational programs turn fast change into competitive advantage. As a specialist in areas of fast personal and cultural change, she is well known to audiences around the world for her challenging, in-your-face ideas and her endless humour, energy and ability to connect with audiences. Her presentations outline bold, innovative strategies and practical guidelines for excelling in rapidly changing, intensely competitive times.

She is a licensed clinical psychologist, internationally known speaker and author, and creator and host of the award-winning CBS series 'Keep Well.' As editor of the Change Letter and author of three best-selling books: *Dancing with Tigers*, *Plant your Feet Firmly in Mid-Air*, and *Positive Spin™* she has received critical acclaim for her forward-looking ideas. A former professor, researcher, clinician, and registered nurse, she was born and raised in Canada, and her PhD is from McGill University in Montreal.

Janet is a skilled commercial, instrument-rated pilot and often flies to many of her engagements, allowing her to land at airports often closer to your meeting venue that are impossible for larger jets ... and cutting down the stress, tedium, and time of commercial travel. With around 20 years of flying experience, she has piloted an aircraft through some of the most beautiful and threatening areas of the world from Africa to South America.

For Health care audiences, Dr. Janet's own poignant personal story, and her powerful and humorous anecdotes, connect with, move and inspire others. Her role is to give she does, to countless thousands of people annually in audiences around the world. Corporate audiences, respect her development of a multi-million dollar consulting firm and the success she had had in leadership positions herself, and in developing some of the finest leaders in North America.

Speech Topics

Plant Your Feet Firmly in Mid-Air

Management is dead. Motivational leadership is passé. Every major system is in the process of a major shift. Leadership in this new era requires the ability to think and lead others in new ways. Drawing on her 25 years of pioneering work with international leaders and peak performers in all fields, this inspirational business program will give you up-to-date information on new trends impacting your world. These days, everyone is the company can develop and use leadership skills. Do not wait to be told what to do. You know your company's values and

mission. Make decisions based on those, and you cannot go far wrong. The worst thing you can do is to sit back and do nothing, with the excuse that you were not told. The most important activity during fast change is to keep moving forward, and the worst thing you can do when things are uncertain are to stop completely. This program is designed to help people: Discover opportunities in rapid change rather than focus on problems, see the positives in current change, thus keep their team morale high, and to develop personal and team accountability.

Guilt in One Hand, Briefcase in the Other

How much do high stress levels and work overload cost your company in lost work days, employee burnout, and decreased productivity? The workplace is so busy that very few have the time to take care of themselves, stay fit, and 'balance' their multiple roles. This high-energy, fun presentation will provide the latest research findings on stress, how to keep fully charged and full-speed ahead without getting off-road or out of fuel. Although real balance may not be possible these days, most people are playing the fool's game of trying to keep up; they doing too much and are unable to discriminate high payoff from low payoff activities. This program will leave people with permission to let go of low-payoff activities, of knowing what is realistic and doable, and provide tools for focus both at home and at work. They will learn state-of-the-art information on how to stay filled with energy, keep their relationships humming, learn fast but effective ways to fight stress, and improve their performance overall.

How To Take Risks, and Win under Pressure

Conventional thinking can't keep up with exponential change. Many people have become complacent in their jobs (and their lives), and have stopped pushing themselves into new areas which may be uncomfortable for them. This is the best program when you want your people to leave with new tools and ways of thinking that will create a mindset not of passivity and followership, but of activity and leadership. Creativity and innovation occur at the edge of discovery, when one is pushing oneself into new behaviours and ideas. Giants turned into extinct dinosaurs by playing by the old rules when the game had changed. This program is a wakeup call to the future, and is especially meaningful for incentive winners who, even though they are already top performers, need to keep raising the bar and not rest on the winner's pedestal.

Additional points covered in How To Take Risks, and Win under Pressure:

- Three characteristics of risk-taking and how to develop them.
- Characteristics that distinguish outstanding performers.
- The four most common faults that inhibit productivity, performance & profits
- How to overcome four common blocks that prevent winners from repeating.
- Why winners should always 'mess with success'.