

\*Did the seminar benefit you on a personal level?

On a personal level, this seminar made a huge impact on me. It made realize the confidence I needed to have in myself in order to accomplish more in my life. And really see what i have already accomplished. Im actually pretty amazing and I could not see that before.

\*Did the seminar benefit you on professional level?

On a professional level it helped me get motivated to work harder and make positive changes in my store.

\*Did you see a difference in your staff after attending the seminar? Did it benefit your business in a positive way?

My staff that attended the seminar have made huge changes at work. I have a young staff, high school and college students. They were having issues getting along and working together. they were gossiping about each other. Every day I would have to address issues they were having with each other like i was a parent trying to make my children get along for at least for a couple hours. It was a very stressful environment. When we did this seminar They come to work motivated and positive, wanting to improve the environment at work for everybody. They have such amazing positive energy that rubs off on everybody around them. All of my staff now loves coming to work and trying hard at everything they do.

\*What things stood out in the seminar that made a difference in you, your team, and your business?

Talking about building yourself up personally. That had the most impact on all of us. We realized that what we have already in life is an accomplishment, being able to wake up everyday and have a job and being proud of it no matter what it is we do, means more to us then having all the money in the world. I hear a lot from people that working at my store is not a real job. Sadly I lose staff because of that. After the seminar my staff makes it a point to re assure everybody that this a real job, and they are very happy doing it. There was a story that was told about a girl and farmer. And the question at the end was "how many cows are you worth?" We have that written on our employee board in the stock room. That story made us all think about how we see things and how important it is to not judge a book by its cover.

\*Was is life changing to you, your team, or your business future?

Absolutely! My business is so much better. I was thinking of looking for a new job before i did this seminar. I could not handle the stress i was under trying to maintain the staff that i had and everything else that comes with management. This seminar not only improved my staff but me as a manager. It made re think how i was doing things at work and showed me how to make the changes i needed to be a better LEADER and turn around my whole store.

\*Explain some of your favorite most impacting sections of the seminar.

Breaking boards! My entire team saw the power each of us really have when we put our everything into it. That was awesome to see!  
For myself one of the most impacting things was to judge ourselves. how we saw ourselves or how we thought others saw of us. Being honest with myself made me see that i was my own worse enemy. Its terrible to think that but I was hard on myself, I let past things that i went through define me as a person in such a negative way, I believed the things i was told then were still true, I was fat and ugly and a horrible mom who deserved to be hurt and punished with black

eyes and broken bones. Instead I now realize that person was not me! I am beautiful inside and out. Im a single mom to an amazing boy who has everything he needs and so much love around him. I know I am better than that, and will never change.

\*Was the value of the seminar worth the money and time investment for yourself and your team?

YES!!! Since the seminar my sales have increased 27%! That is a real number and its absolutely incredible! We have so much more drive to just keep increasing and changing to make that happen! As for my team three of them gotten promotions!!!

I would like to thank you guys for the amazing opportunity you gave to my staff and myself. I would love to do something like this annually. It was amazing.

It makes me want to give you a 1,2 YOU ROCK!!

Thank you,

Shiree Bush

Wetzel's Pretzels manager