

The Inspiration * Motivation * Application, IMA Company focuses on being positive and helps individuals to be positive by providing tools and strategies to help maximize everyone's potential. We will help you and your staff get focused, centered and stay on track.

IMA is a small company, but delivers a **big punch** with innovative approaches that will help you and your organization with the 3 H's HEALTH, HAPPINESS and HARMONY! You and your staff will work better, be happier and accomplish more in a day's work.

Confucius once said: "Choose a job you love and you will never have to work a day in your life."

We serve the following groups:

- Students
- Counselors
- Medical Staff
- Civic Organizations
- Para-Professionals
- Parents
- Teachers
- Businesses
- Government Agencies
- Auxiliary Staff
- Support Services

These are some workshops that IMA has developed to help individuals work in a more harmonious environment:

FRW, frequently requested workshops:

- **Change**-Accepting, respecting and moving forward with a positive attitude
 - **Customer Service/Customer Care**-Serving others is key to the success of any organization
 - **Team Building**- Cooperation, Collaboration and Culture
 - **Building an MVB**- Mission/Vision Board with Goals for the future
 - **ISN- Interactive Student Notebook**- Using foldables and reflection exercises
 - **Leadership and Legacy**- How to help develop top notch leaders
 - **Harmony in the Workplace**- Bloom where you are and be more productive
 - **Parent Workshops**-Become involved and engaged with your child's education- K-16
- Learn End of Course Testing, STAAR and New Graduation requirements
- **Brain functions**- Balance your brain, balance your life- Daniel Pink- author of the book- "Why Right Brainers will Rule the Future"
 - **Sub-Personalities**-Understanding ourselves and others for a better working environment
 - **Laughter Yoga**- Scientific research findings are amazing and we are sure to be more productive when we laugh

New workshops are always being designed! Inquire about our latest motivational workshop for students promoting career paths and choices bringing you a **unique activities, building their personal MVB and more!**



we **inspire** you ★ we **motivate** you ★ and give you **tools** for your future

These workshops are used in a team building setting: (you can mix and match topics)

- Communicating Effectively
 - Develop/Maintain a Positive Attitude in the Workplace
 - Dealing with Conflict in a Positive Way
 - Being Accountable
 - PRI, Praise, Recognition and Inspiring others to do their **best**
 - Be a Better Employee-Health, Attitude and Love for the Work I Do
 - Legacy-How Will I be Remembered
 - Values in the workplace begins with the three R's- Respect- Responsibility-Diversity
 - Following the Chain of Command
 - Understanding Birth Order to be able to get along best with others
 - Inspiring others to do their best
 - Athletic teams create their MVB, Mission Vision Board
 - Classroom management
- o THINK TANKS: This retreat is all about taking the organization to the next level. Participants will be guided to maximize their thinking potential.
 - o RETREATS (Name your topic)
 - o KEYNOTE PRESENTATIONS
 - o INDIVIDUAL CONSULTATIONS



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Let us help you with your next staff development workshop, student presentations or one on one counseling services.

College Ready  World Ready