

How to Design a Life Worth Smiling About™

Darryl Davis, CSP

In today's world, life can be STRESSFUL, and because of that, it's important not only to know how to deal with stress, but how to move through it and get to the other side. In this fast paced seminar, Darryl gives a comical and entertaining way for attendees of all levels of experience to have more joy and less stress in their lives. Based on the book with the same title, this seminar is full of stories and inspiring messages to help give people hope, even excitement, about the opportunities that exist for them in their future. We guarantee your attendees will leave this seminar with less stress, focused, and motivated to start being in action in their lives.

I. **The Power of Smiling**

Scientific Studies on How Smiling Changes Your Attitude
Looking at Life Through a Child's Eye
How to Use Smiling In Your Relationships

II. **Your Next Level by Design**

How is Next Level Different From Goals
Getting Clear About What's Important in Your Life
Dealing With Negative Influences

II. **Other Positive People**

Staying Focused
Several Techniques in Keeping a Positive Mental Attitude
Getting the Passion Back

DarrylSpeaks.com