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# Developing The Power Within

## Staff Training



We are only limited by our vision.

### **P.E.Clayton and Associates, Inc.**

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# Developing The Power Within

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## The Format

One-day Workshop for Clients, Staff or invited guests with a time frame of approximately 8:00a.m. to 4:00p.m. and provided for up to 150 persons.

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**Most people use between nine to fifteen percent of their actual ability. This causes frustration and overload. This seminar will give you the tools to develop the power and energy within to grow and enjoy the world around you. This seminar is for people who want to go beyond coping. You will learn to accomplish more by doing less. Learn how you form your operating system and how to tune it up. You will also learn that you manage your feelings and how you can make those feelings positive. This seminar is fun and fast paced.**

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## Program Highlights

### PARTICIPANTS WILL LEARN:

- What motivation is and how to generate it, even if you don't feel like it
  - How each of us has created our own prison and how to break out
  - The power of thinking and the mind
  - How we have been programmed to think negatively about changes in our lives
  - How not to be a victim of change
  - How taking responsibility gives you power
  - How to live in today and creative ways of overcoming worrying
  - How to deal effectively with change
  - How to get motivated by rejection
  - What the subconscious mind is and how it works
  - How we can reprogram our thinking
  - Ten ways to change our world through thinking positively
  - Where emotions come from and how to change them
  - Two simple rules to stay mentally healthy
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- Six ways to bring yourself out of thinking and feeling negatively about your problems
- Overcome burnout and feel good again

**This is a fast paced class with lots of humor**

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## **Expenses**

All cost include professional services and travel expenses. Not included in the cost is the room for the training. Agencies will be given original copies of the handout for duplication.

One Day Workshop \$2,800.00  
Two Day Workshop \$3,800.00

To assist in reducing the cost you may wish to invite other agencies and charge a fee to send their clients to participate in the training. We have found that mental health, schools or job service agencies, as well as any group that deals with people who are not motivated will benefit from this program.

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## **Equipment/Room Arrangement**

The vendor will supply most of the Equipment. We will need a flip chart  
The room should be theater or classroom style for smaller groups.

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# P.E. Clayton and Associates

## P.E. Clayton and Associates

P.E. Clayton and Associates (PECA) is a national motivational corporation that has trained more than 100,000 people in forty-five states. PECA has worked with teachers, counselors, job developers, welfare practitioners and the economically disadvantaged to help them achieve success in their jobs and their lives. PECA shows people how to take responsibility for themselves while gaining more control over their lives. PECA teaches employment counselors how to motivate themselves and their clients and how to turn excuses into energy and purpose. The firm teaches job seekers how to overcome personal and situational obstacles and to reverse limiting negative feelings and attitudes into positive forces in their lives.

Paul E. Clayton founded the company in 1983. Paul is a former teacher and director of the Camden County (NJ) JTPA Employment and Training Center. He is currently the president of P.E. Clayton and Associates.

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### About the Trainer

#### Paul E. Clayton

Paul E. Clayton is known nationally for his work in motivation with job training professionals. He received his bachelor's degree in Philosophy and English from Mt. St. Paul College, Waukesha, WI. He has done graduate work at St. Mary's University in Baltimore, MD. Paul spent nine years teaching secondary school English in NJ.

Mr. Clayton developed and headed the Job Search Program at the Employment and Training Center, Camden County, NJ. He later became Executive Director of the PIC of Camden County. Mr. Clayton has been lauded for his non-traditional approach to job search and motivation of the unemployed. Paul has trained over 8000 teachers, counselors and over 100,000 clients in the last 12 years. He has lectured in over forty-five states. Paul has just completed his book, Developing the Power Within. He is presently working on his new book The Mind As A Computer

Mr. Clayton espouses the idea that skills training is not the best way to help people get jobs. He believes that we in the training area must work to change attitudes before we can reap the benefits of skills training or job search. His workshops are fun and informational.