



ASA of Metro Washington *FRONTRUNNERS* present...

TEAM BUILDING

Leadership and Stress Management

October 17, 2017

7:30am-11:00am

Hyatt Regency Bethesda
Bethesda, MD

Calling all Project Managers and Superintendents! A positive and communicative team is the key to a successful construction project. Learn how you can ENERGIZE yourself and your team with this highly interactive program, presented by Dr. Jerry Teplitz, top-rated speaker in the areas of leadership, management, employee productivity and stress management. We expect participation from the area's major General Contractors, as well as Subcontractors, Sub/Subs, and Suppliers.

You Will Learn:

- About the existence of your personal energy system and how it affects your being a leader.
- How to take a negative situation and change it to a positive situation.
- Methods to enable you to relax and/or energize when you feel overwhelmed.
- Personal power techniques to increase your overall effectiveness.
- How you can energize yourself all day long to be a more effective leader.

Dr. Jerry Teplitz:



Dr. Jerry V. Teplitz is a graduate of Hunter College and Northwestern University School of Law. He practiced as an attorney for the Illinois EPA. He studied and received a Masters and Doctorate Degree in Holistic Health Sciences. He was also on the faculty of the U.S. Chamber of Commerce Institute for Organization Management for nine years. Dr. Teplitz has been President of his consulting firm and has spoken at over 1800 meetings and to over one million people.

COST: \$150 (*Members Only Event, includes breakfast*)

Register Today at www.asamw.org!

QUESTIONS? Contact Ike Casey at (571) 237-7101 or ike@asamw.org.