

Play Nice in the SANDBOX

with Penny Tremblay

Build **Productive, Peaceful and Profitable** Relationships at Work

What's In Your Suitcase?

Bringing Your Authentic Self to Work

When we show up to work, we bring everything from our past experiences including things that have been buried for years, causing low esteem, lack of trust, fear of speaking up, or a sense of not being good enough.

Not only does this hinder our belief in our ability, it also is a major source of conflict. Why are we so attached to it? You'll find out in this interesting keynote that swings from deep to hilarious, and sheds light on some of the darkest corners of our being, and the how and why to unpack those unresolved issues that continue to pop up.

- Discover what's in your suitcase
- Why you're so attached to it
- How to detach, find peace with it and unpack your authentic self

This keynote inspires people to take personal responsibility for their presence, performance and inner peace for best practices in workplaces and beyond.

Suitable for large audiences or smaller workshop settings, participants get to dive deeper into their own mixed bag of tricks and discover what personal inventory is worth keeping and what needs to go.



Build
**Productive,
Peaceful and
Profitable
Relationships
at Work**

705-358-3396 | info@PennyTremblay.com
www.PennyTremblay.com



Penny's delivery style is captivating, raw and real with stories, examples and research about how resolving conflict from the inside out leaves very little left for others to get entangled with.

Unforgettable with actionable tools and advice, this transformational piece fuels positive and lasting change.

Play Nice in the
SANDBOX
with Penny Tremblay

PennyTremblay.com/**FreeReport**
Increase Your Sandbox Factor Immediately.

Penny Tremblay www.PennyTremblay.com

705-358-3396 | info@PennyTremblay.com | www.PennyTremblay.com
PO Box 24005, 66 Josephine St. North Bay, ON, Canada P1B 0C7

/tremblayleadership /pennytremblay /ptremblay100 /pennytremblay

Play Nice in the **SANDBOX** with Penny Tremblay

Build **Productive, Peaceful and Profitable** Relationships at Work

Youtube: <https://www.youtube.com/ptremblay100>

705-358-3396 | info@PennyTremblay.com | www.PennyTremblay.com
PO Box 24005, 66 Josephine St. North Bay, ON, Canada P1B 0C7

 /tremblayleadership  /pennytremblay  /ptremblay100  /pennytremblay