



ARDIS BAZYN

COPING STRATEGIES FOR SUCCESS

Successful people have a positive attitude

even when undergoing obstacles in life. Most people can learn coping strategies that will help them succeed.

Several life changing events have taught Ardis Bazyn

patience, courage, and the importance of a positive attitude. Blinded in a car accident at the age of 20, she was required to learn a new career. After 15 years of marriage, her husband suffered from several strokes leaving him with dementia and needing care. She returned to college and received two BA degrees and a Master's in Arts in Teaching while caring for her husband, raising two preteens, and managing her own food service business full-time. After changing careers again and starting a new business, she suffered a mild heart attack. Despite this setback, she has self-published four books and contributor to the recently published book, "Success Simplified" by Insight Publishing.

Ardis shares her most requested keynote "Coping with challenges and change"

by telling her personal story. She tells how to view challenges or obstacles as opportunities rather than tragedies. She explains how to benefit from the support of friends and family. She demonstrates through personal stories that humor can keep your focus positive.

Ardis teaches learning strategies

to deal with necessary changes in your life/job, such as developing visualization and imagination techniques. Her experiences have truly given her a spirit for mentoring others. Her positive zest for life is displayed in her inspirational presentation.

Ardis Bazyn's Most Popular Coaching Topics



- ▶ Projecting your image
- ▶ Coping with challenges and change
- ▶ Developing and maintaining a positive attitude
- ▶ Setting reachable goals
- ▶ Image building for organizations and churches
- ▶ Diversity training
- ▶ Time management
- ▶ Team building

“ Everyone is so jazzed about last night! They loved you! Thanks so much for coming to EYE-DAS. Everyone was so inspired and uplifted!

Karen Smith

Executive Coordinator, EYE-DAS

Your key strategies to keep a positive attitude when struggling to meet goals gave the participants an incentive for working harder in the field. YOU illustrated the drive and determination that is necessary to achieve what is important.

Lee Robinson

District Sales Manager, Paychex

I believe that any corporation would benefit from having you speak to their employees. Maybe your Vision can help theirs.

Eric Silberman

Hiring Consultant

Thank you for your inspirational story and your goal setting session. It gave all group members a real sense of direction.

Betty Fox

Party Lite Area Consultant

I thank you for your words of direction for our leaders. It was my pleasure to share the manuals you wrote for each office with them. We shall speak of you often as we work toward our service for our community.

Carol Ann Ewing

President, NCB, Nevada

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