



# THINKING DIFFERENTLY FOR A CHANGE

## WHAT CLIENTS SAY

"Knowing the personality type of people on my team really helps me understand them and helps me communicate more effectively with them. I'm very thankful for the training provided by Kathie."

~ **Sheri Glew, Business Development Manager, McGraw Hill**

"Kathie has been a tremendous resource for my professional growth. She has challenged me, provided me with a unique perspective, and sound guidance."

~ **Josh Boots, VP for Institutional Advancement, Loras College**

"In working with Kathie, she is very flexible and easy to work with on scheduling and providing content my business partners are looking for. She customizes her content to fit the goals of the business and ensures she delivers quality training for every class."

~ **Theresa Leisen, Business Solutions Consultant, Northeast Iowa Community College**

"Kathie doesn't have the answers but she empowers me to find the answers myself. Coaching holds me accountable to do something with my thoughts."

~ **Lavonne Noel, Executive Director, Hospice of Dubuque**

"I love Kathie's classes. She is always able to engage the class and keep things interesting."

~ **Kelly K., Orthopedic Manager, Dubuque, Iowa**

Kathie Rotz works with people who want to learn HOW to think differently so they'll be a successful leader.



All content used during presentations and coaching comes from our five Superpowers:

- **Thought Intelligence**
- **Emotional Intelligence**
- **Behavioral Intelligence**
- **Attitude**
- **Accountability**



In school, we learned what to think. When were you taught HOW to think? Kathie Rotz works with people who want to learn how to think differently so they'll be healthy and successful. As a speaker and coach, she challenges people to transform their thinking and behavioral habits to avoid being average.



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# THINGS TO THINK DIFFERENTLY ABOUT

## 1 THOUGHTS

We are the thinker, not the thoughts. We choose HOW we want to think and what thoughts we want to dwell on. Choose wisely!

## 2 WORDS

Our words matter. Choose wisely.

- **Spend** is an expense vs **Invest** is an asset.  
How do you think about your time?
- **Lose** is to hope you find it in the future vs **Release** is to never want to find it again.  
How do you think about your weight?
- **Do** is a choice to complete a task vs **Try** is a half attempt.  
"Do or do not. There is no try." ~ Yoda
- Saying "**yes**" and not completing the request is worse than saying "**no**" and not leading people on.

## 3 FOOD

Food is fuel to give you the proper energy during your day. Choose protein, fiber, probiotics. If your food doesn't come from an animal or the ground then it may have hidden toxins. See non-fuel foods for what they really are.

- Soda = chemicals
- Processed food = chemicals, hidden sugar
- Sugar = most addictive drug that adds pounds to our body and reduces our brain size

## 4 MONEY

A scarcity mind focuses on cutting expenses. An abundance mind focuses on adding more income.

Rather than scrimping by, go make more money!

## 5 QUIT

It's okay to quit if you are running toward something that you're passionate about, rather than running away from something.

## 6 DISTRACTIONS

If it's not helping you reach your goal then it's a distraction. Don't let these daily interruptions take seconds/minutes/hours from your day. You'll save yourself time and frustration by turning off notifications and choosing when to tackle these projects during the day, rather than when they choose to arrive.

- Emails
- Phone calls
- Texts / Chats

## 7 LEADER

You're a leader even if you do not manage a team of people. You lead yourself every day! Who do you want to be?