

# Aric Bostick, Inc.

## Description of Program *FIRED UP! Employees*

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**PROGRAM DESIGNED FOR:** Conference Keynote, Workshops, and Professional Development

**TARGET AUDIENCE:** Employees, Human Resource Managers, and Corporate Leaders

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**Aric Bostick, Inc.**

Salt Lake City, Utah USA

Phone: (385) 423-5200 Email: [aric@aricbostick.com](mailto:aric@aricbostick.com) Website: [www.aricbostick.com](http://www.aricbostick.com)

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## **FIRED UP! Employees**



### PROGRAM DESCRIPTION

The top companies in the world already know that happier employees can literally transform the culture and climate of the workplace. But did you know that happier employees actually are 50% more productive — translating to greater efficiency and a healthier bottom line?

But it is not easy to always be happy and fulfilled with our lives and our work. At times we just need to be realigned with our purpose and reconnected with our team, rejuvenated mentally and physically and refocused on our personal and professional mission. In other words, we need to get **FIRED UP** again!

*In this presentation, the following questions will be posed:*

- What specifically needs to change for you to become happier and help your team members to be happier?
- What gets you and your team FIRED UP?
- What would it take for you, or any of your team members, to become proactive and start instigating positive change and growth both personally and professionally?

I will help you answer these questions in a fun, engaging, and interactive way. I will help you discover just how easy leaders can help the people they lead become more empowered, self-motivated and even take on more responsibility and do the same for themselves. I will also show how to build loyal and more connected relationships with your team members with simple strategies that all people can do regardless of personality or temperament.

*What You Can Expect:*

This message will be filled with positivity and reality. My presentation is interactive, engaging, inspirational, and packed with practical and researched-based content to get you and your team working with more energy and greater enthusiasm. This message is straightforward.

I believe work is not always easy, you don't always get what you want, working with others is challenging and takes understanding. My experience is that our honest authentic selves are enough to do the job with excellence and if we are willing to work on ourselves and learn to understand others, we can make a huge difference in our workplace, and in our world.

This program will be fully customized to meet your businesses specific needs.

### **FIRED UP Principles:**

- **Fuel** - Remember WHY you do what you do
- **Inventory** - Take stock of what is working and what needs improvement
- **Reframe** - Turn setbacks into opportunities and how to change the way you see things
- **Energize** - Health and Wellness strategies for even the most overwhelmed employee
- **Declare** - Goal Setting for advancement and improved customer service
- **Understand** - How to connect with the people you lead and work for
- **Present** - Being in the moment and presenting your best you, inside and out, everyday

### **FIRED UP for Success Learning Objectives:**

- Learn how to create a personal mission statement and reconnect to your purpose
- Ability to do a quick self-assessment of areas of improvement for yourself, your team and organization as a whole
- Learn Goal Setting and Time Management Strategies to maintain work life balance as well as performance, productivity and profits
- Implement Recognition and Rewards Techniques that are little to no cost that keep team members and your customers FIRED UP about your organization and its services

After this session, your team members will be able to take-away and apply specific techniques and practices in the following areas:

- Employee Engagement
- Customer Service/Loyalty
- Recognition/Rewards
- Motivation
- Leadership
- Communication
- Work/Life Balance

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## ABOUT ARIC BOSTICK

Over the past 23 years, Aric has been an Education and Corporate Speaker and Trainer. He has spoken to over half a million people at conferences, events, and school districts from coast to coast. His audiences include students, educators, principals, superintendents and parents at School Districts and National, State, and Regional Education Conferences. He has also been an Employee Engagement Speaker for Corporations and Human Resources Conferences throughout United States and Canada.



During the course of his education career, as a High School teacher and coach, he created and led a student leadership club that was featured on television for its success. As a national speaker he created a summer leadership camp, an online professional development course for educators, an online college readiness program for students, and a college readiness curricula for students.

Building on a professional interest in leadership and relationships in the workplace, He has spent the last several years studying an attachment-informed approach to leadership, drawing on the work of some of the leading academics in this emerging area of leadership theory and practice.

### **Background**

Aric's 23 years in education and corporate leadership speaking and training can be seen as comprising three distinct phases:

**School teacher** (1998 to 2002) – During the first phase, starting in 1998, Aric learned what it was like to be a teacher and sports coach. During this time, he drew on his original teacher training, other specialist in-service training, and the support of more experienced educators and school leaders.

**National speaker** (2000 to 2018) – As a national speaker (Aric's 'Fired Up' program), he spoke to over half a million people (students, educators, HR Managers and corporate employees and executives) over an 18-year period. For this work, he drew on his own time in the classroom, an understanding of positive psychology (including CBT tools and techniques), and feedback from colleagues and clients. During this time, he became increasingly interested in the welfare of senior leaders in the corporate world and the welfare of school principals and superintendents in education, as well as the distinctive needs of educators in rural education settings.

**Leadership trainer** (2018 to present) – In 2018, Aric decided to combine his teaching and speaking experience with his interest in the welfare of education and corporate senior leaders, to create and start delivering a new range of training, based on the latest attachment and brain science (Aric's *Attachment-informed Leadership* program). Given his understanding of the distinctive needs of educational and corporate settings and their leaders (gained while working with them as a national speaker), he decided that he needed to strengthen the theoretical underpinning for his work. He did this by developing an understanding of modern attachment science (the quality and development of relationships over the life course), and interpersonal neurobiology (the neuroscience of attachment). During this time, he also started working with an attachment-informed leadership specialist.

## Client and Conference List

### National Education Conferences:

- Collaborative Conference for Student Achievement
- National Alternative Education Conference
- National Association Community Colleges Teacher Education Prep
- National Business Professionals of America Student Conference
- National Council for Community and Education Partnership Conference
- National Dropout Prevention Conference
- National Nutrition Conference

### State Education Conferences:

- Adolescent Symposium Conference
- Arizona State School Nutrition Conference
- Association of Texas Professional Educators
- California FFA State Conference
- California State School Nutrition Conference
- Fort Bend ISD Peer Assisted Leadership Conference
- Franklin Covey 'Leader in Me' event – Vicksburg, MS
- Georgia State Title 1 Conference
- Hawaii Teen Traffic Safety Conference
- Indiana State Student Council Conference
- Kentucky State School Nutrition Conference
- Maine School Nutrition Conference
- Montana State Title 1 Conference
- Northeast ISD Peer Assisted Leadership Conference
- Regional FCCLA Conferences held in Pennsylvania, Rhode Island, Arizona and Texas.
- Tennessee Head Start
- Texas Association of Secondary School Principals Conference
- Texas Career and Technical Education Conference
- Texas Essential Knowledge and Skills Conference
- Texas GEAR UP Conference
- Texas Higher Education Human Resources Association Conference
- Texas School Safety Center Conference
- Texas State FCCLA Conference
- Texas State Peer Assisted Leadership Conference
- Texas State School Nutrition Conference
- West Coast GEAR UP Conference
- West Virginia GEAR UP Conference
- West Virginia School State Nutrition Conference
- Wisconsin FFA State Conference

### Schools:

- Over 500 School Districts Nationwide
- Education Service Centers Nationwide

### Universities:

- Bacchus and Gamma Area 5
- Bacchus and Gamma Area 6
- Bacchus and Gamma Area 7
- Bacchus and Gamma National Conference
- Bloomsburg University
- California University of Pennsylvania
- Clarion University
- Colorado Collegiate Tobacco Prevention Initiative Spring Conference
- East Stroudsburg University
- Edinboro University
- Florida State University - Freshman Orientation Speaker for 22 nights

- Frostburg University
- Indiana University of Pennsylvania
- Kutztown University
- Lock Haven University
- Mansfield University
- Meeting of the Minds – Partners in Prevention Conference
- Millersville University
- Park University
- People to People Ambassador Student Leadership Program held at: Harvard, Stanford, UCLA, Johns Hopkins University and George Washington University with students from 60 countries
- Roger Williams University
- Shippensburg University
- Slippery Rock University
- Sonoma State University
- Stockton College
- Tarleton State University
- Texas State University
- University of Nevada Reno
- University of Pittsburgh at Bradford
- University of Texas
- Wells College
- Wesley College
- West Chester University
- Young Harris University

### Corporate Clients:

- Cellular Plus
- Cornerstone Credit Union
- Gold's Gym
- Houston Meeting Planners Association
- MedAmerica Billing Services
- Medical Management Association
- Meeting Planners International
- Mr. Rooter
- Practice Management Institute
- Society of Government Meeting Professionals
- South Florida Meeting Planners Association
- TransAmerica Investments & Insurance
- Travel Alberta Canada

### Human Resource Conferences:

- Alabama State Society of Human Resource Professionals
- Austin Human Resource Management Association
- Central Texas Human Resource Management Association
- Corpus Christi Human Resource Management Association
- Human Resource Southwest Conference
- North Texas SHRM
- Permian Basin SHRM
- South Texas HR Symposium
- Texas Association of Higher Education Human Resources

### Non-profit Clients:

- Child Care Associates
- Child Care Group
- Dallas Children's Medical Hospital
- Federal Bank Reserve of Chicago
- Pineland Behavioral and Developmental Disabilities United States Equal Employment Opportunity Commission – Fair Employment Practice Agencies – National Conference

## TESTIMONIALS

### Corporate Testimonials

#### Cellular Plus

*"I'd highly recommend any company needing to recharge & re-motivate their employees to bring in Aric! His high energy presentation was packed with goal setting & team-building ideas that all our managers were excited to take back and share with their teams. He is AWESOME!"*

Lisa Watson, Human Resources, Marketing & IT Director

#### Corpus Christi Human Resources Management Association

*"Aric was everything I hoped he'd be and more! He energized our members like I've never seen them! He drew in a crowd that was a 50% increase for us and they all left with ammo to FIRE UP their staff! Thank you, Aric, for an incredible presentation!"*

Leslie Vlisides

#### Practice Management Institute

*"Aric is amazing, and his presentation is like none other I have seen. Not only did he FIRE UP our conference participants, but also our internal staff! His keen ability to connect with his audience not just during the presentation but also before and after has really solidified the experience for us all."*

Nancy Clements, Director of Marketing Communications

#### Wellness Pointe

*"Aric was awesome. Came here burned out from work stresses, but Aric motivated me to return to the office Monday with a positive and refreshed attitude."*

Tamiko Richardson

#### UT Southwestern Medical Center

*"Getting Fired Up has given me the motivational inspiration to set positive goals for my work and personal life. It's given me the theme to use every day, think positive, let it go, and live every day to its fullest."*

Rhonda Benton

#### The Center for ENT

*"Aric was awesome! He is one of the best speakers, if not the best, I've ever heard."*

Christine Gellman

#### Colon & Rectal Surgery Associates, P.C.

*"Aric is great! Very energetic! Lots of fun, lots to think about!"*

Teresa Holm

#### Billing Solutions, Inc.

*"It was very inspiring to start our conference and made you think about work/life differently."*

Lisa Murguia

#### Dr. Klima

*"Awesome! Please continue to have him at the conferences."*

Angela Heitler

#### IHA

*"Loved the personal stories. Great motivator to do better. Puts things into perspective."*

Deborah McNeliance

#### Pediatric Acute Care Associates of N. TX

*"I totally loved this session on a professional and a personal level. I am going to get FIRED UP. Thank you."*

Alfreda Brown

#### Professional Healthcare Management

*"Awesome speaker. I very much needed this right now!"*

LuAnn Weldon

#### Dallas Diagnostic Association

*"Aric definitely knows how to get people excited! He was very easy to follow and kept your attention the whole time."*

Amanda McMenamy

#### TN Headstart

*"Aric was simply awesome and our staff loved him. I did not hear even one negative comment from the staff. I had several staff thank me for bringing him to our program. What I liked most was Aric had a truly uplifting and thought provoking message that everyone identified with and it was delivered in a mix of fun, theatrics, and involvement. The staff really got into the music and dancing!"*

Judy Butler