

## John Hotowka

Motivational Speaker

How to achieve more... even when you don't feel like it. John Hotowka applies his 'Achievement Thinking' methodology to building resilience, managing change and working as a team. Even when times are hard there are always many people and organisations who are not only very successful but also resilient and able to flourish irrespective of the state of the economy and the challenges life throws at them. Why? The key lies in what goes on between their ears. Their attitude, their mind-set.

The Mind-Set Can Be Learned. 'Achievement Thinking' is a collection of simple tools to empower and help individuals and teams to find, keep and grow the strength to continuously flourish.

Without the right mind-set you can't achieve anything in business and life. His methodology has helped companies and individuals hit their annual sales 3 months ahead of target. John even applied his methodology to his personal life and lost 100 lbs of excess weight in 100 weeks (the proof of the pudding was in the eating... not literally of course).

John's presentation highlights the lessons learnt since 1989 running a one person business as a professional speaker, humourist and magician in overcoming obstacles, doubt, a crisis in confidence and failure.

Not only will you learn a methodology to improve performance and achieve more, you'll laugh while you're learning.

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