

## Untie the Knots®

(Improving Habits, Choices, People, Relationships,  
Performance, and Results)

An organization or person tied-up in toxic knots becomes an organization or person destined to fail in one or several areas of business, and in life. **Untie the Knots®: Improving Habits, Choices, People, Relationships, Performance, and Results** is a dynamic wake-up call that addresses the countless challenges, obstacles, issues and toxic habits found inside most organizations and people today. This no-holds barred, get-real program will bring your audience a practical solutions-based process that they can implement immediately to create positive improvements and significant real-life results.

There is no better time than the present to bring your group a dynamic and empowering message for gaining control of your life and career by breaking yourself free of negative baggage, building positive habits, and then turning them into actions to help you achieve your dreams.

## Untie the Knots®: A Prescription for C.H.A.N.G.E.

(Coping with Change from the Inside Out)

Change is constant, and it's impacting everyone. While you may not be able to change the circumstances around you, what you can change is your reaction to those circumstances. And sometimes that changes everything. This keynote presentation explores how to be a change-ambassador instead of a change-critic, thereby increasing your effectiveness. That means developing new and improved attitudes, habits, and relationships. When those new attitudes, habits, and relationships meet the skills and knowledge you already possess, anything is possible. After this inspirational and fun keynote session, you will welcome change and regard it as an opportunity to go from 'a negative and draining workplace' to 'a maximized results workplace.'

## Untie the Knots®: Streamlining Communication

(Improving Effective Communication and Work Relationships  
Inside the Workplace)

**Untie the Knots®: Improving Effective Communication and Work Relationships Inside in the Workplace** will increase each participant's awareness of communication behaviors and build their confidence and ability to better manage workplace communication and healthy work relationships. You will learn skills for communicating effectively, sending clear messages, and conducting challenging conversations while maintaining effective work relationships with managers, supervisors and coworkers. There is no better time than the present to bring your group a dynamic and empowering program for improving effective communication and work relationships.

# Ty Howard

COMMITTED TO

**YOUR**

**Untie the Knots®**

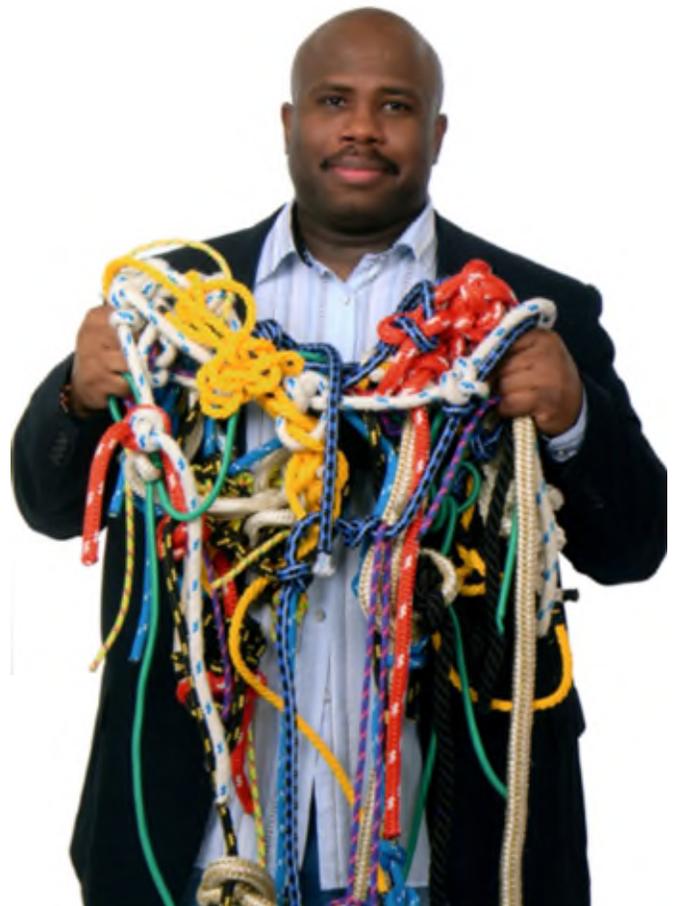
**SUCCESS!**

## Untie the Knots®

(Improving Habits and Morale Inside the Workplace)

A person or organization tied-up in knots becomes a person or organization certain to fail in one or several areas of life or business. **Untie the Knots®: Improving Habits and Morale Inside the Workplace** is an energizing result focused keynote session that is customized to honestly address, change, and jump start sustainable healthy habits and morale inside your workplace. This no holds barred, get real session will bring your group a practical solutions-based process that will have employees on all levels working together harmoniously, communicating effectively, celebrating continuous team success, and enjoying the meaningful work they do daily.

The dynamic impact of this session has a proven track-record for improving performance, involvement, morale, leadership, teamwork, retention, work-life balance, and your bottom-line. Many of Ty's clients request **Untie the Knots®: Improving Habits and Morale Inside the Workplace** for their opening or closing session because this keynote address WILL set the tone for your meeting or conference — inspiring attendees to learn, network, and share best practices.



"Ty Howard was a motivational speaker at my financial symposium. Before the symposium he reached out to me and we had a conversation about my offices and its challenges, which was very refreshing. My symposium was for 2 days. Ty was scheduled to speak on the second day; however, he came the first day to observe the audience. Ty was the very last speaker on the 2nd day and he was awesome. Without giving away his presentation, let me tell you that my staff left the symposium with energy, smiles and positive attitudes. They were talking about him for days. I would highly recommend for any organization looking for a dynamic - professional - motivational speaker with lots of substance, interaction, humor and fun, to hire and have Ty Howard as a keynote or general session speaker! If you can... have him at the end of the last day."

— Sue Farran, Director,  
Office of Financial Services,  
**U.S. Food & Drug Administration (FDA)**

"This is a man who can do exactly what he says he can, do it exactly when he says he will do it—and do it with absolute integrity and honesty—and with class! If you are looking for a speaker who is excellent, exciting, wonderful, funny, entertaining and authentic with a fresh concept, look no further—because you will find no one better. Period. Ty, THANK YOU AGAIN, you were a huge factor in the success of our retreat!!!"

— Sheri Schellhaass,  
VP of Bakeries & Foodservice R&D  
**General Mills**

"Thank you so much for participating in the MFIP Conference held in Rochester, MN. An overwhelming majority specifically rated your general session address, *"Untie the Knots®: A Prescription for C.H.A.N.G.E."* a perfect 10. One attendee said, 'Ty Howard was inspirational and gave me a renewed energy and need to do this work.' Your willingness to devote time and energy to sharing your expertise with our audience was greatly appreciated by all concerned. You came highly recommended and you exceeded our expectations!"

— Bruce Borgh,  
Conference Planner  
**Minnesota Department of Employment and Economic Development**

"You captivated and won the hearts of the nearly three hundred people at the Administrative Support Staff Luncheon sponsored by The Johns Hopkins University Applied Physics Laboratory when you delivered your presentation, *'Creating Excellence Through Personal Excellence.'* You touched the lives of everyone in the audience with your dynamic and entertaining keynote address. I heard many positive comments about the presentation. Here are just a few of the comments I received, 'The motivational speaker, Mr. Ty Howard, was excellent. Please invite him back sometime.' 'Ty Howard was a very good speaker. I enjoyed his speech; he was professional and entertaining. And he offered good reminders that we can all use.' 'He made me think a lot about what I could change and where I can grow moving forward as a professional.'"

— Ms. Karen Uchacz, Assistant Coordinator,  
Laboratory Special Events  
**Johns Hopkins University Applied Physics Laboratory**

"Your presentation to our staff was exceptional! Everyone in attendance expressed enthusiasm and appreciation of the material and information you provided. Thank you for your energy and the positive attitude of your presentation. The renewed energy of the staff will go far in providing exceptional customer service to the citizens of Charles County, Maryland."

— Dr. Rebecca Bridgett, Director  
**Charles County Department of Social Services**

Here are a few more clients that also loved Ty's services. **You will Too!**

- Bank of America
- Johns Hopkins University
- DuPont Pharmaceuticals
- Federal Communications Commission
- Good Samaritan Hospital
- Maryland Department of Human Resources
- McDonald's Corporation
- Saint Paul Insurance Company
- Society of Human Resource Management
- US Army and Department of Defense
- US Department of Justice
- University of California, Berkeley
- University of Maryland
- Maryland State Child Care Association

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