

Programs & Services

Positive psychology
for the workplace.



stonehouse
RESOURCES

Transformational training.
Sustainable success.

**Leadership
development &
training designed to
unleash the power
of positive.**

CORPORATE PROGRAMS • TRAINING • COACHING • WORKSHOPS • KEYNOTE SPEAKING • EMPLOYEE ENGAGEMENT • LEADERSHIP DEVELOPMENT

Unleash the power of positive.

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Stonehouse Resources help good companies become great.

Stonehouse Resources recognizes the challenges of top leadership in companies and we want to share the business benefits of positivity.

Stonehouse Resources helps businesses grow and succeed through the personal success of employees. We don't think of employees as assets of the company, we believe that employees are the company. The quality of the organization is determined by the quality of its people. The quality of the people is determined by the standards of quality in the organization.

There is an old saying that every manager has the team they deserve. It is also true that every company has the employees they deserve. Our purpose is to increase the quality of organizations and the quality of the people in the organization by building positive workplaces and "Best Places to Work" companies. We equip people with the tools of positive thinking, emotional intelligence, quality leadership, stress management, and employee engagement. We walk and talk organizational and personal well-being as the foundation for success, resilience and growth.

Bringing Stonehouse Resources into your organization equips your employees for ongoing success, both personally and professionally, and helps to create a positive culture and direction for your business. **When your bottom line is on the line, you can't afford not to!**

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Dave Faust
Owner, trainer of
Stonehouse Resources

Meet Dave Faust

Affectionately known as "Cowboy Dave," Dave Faust has been training and consulting with companies and individuals since 1977. He has over three decades of experience as a speaker, coach and advisor and is uniquely gifted and talented to deliver entertaining and effective training. Dave has helped companies and entrepreneurs achieve positive, healthy, and accountable outcomes using his own formula for business and organizational development and his experience as a former Implementer of Entrepreneurial Operating System® (EOS). Dave's broad range of experience and background gives him unique insights into what makes people and businesses tick and how to get them going.

Dave's personal story gives him insight and a mission to have a positive impact on everyone he comes into contact with every day. As a six-time cancer survivor, Dave has been given an opportunity to literally "walk the talk" on what he trains and teaches. Dave attributes his cancer victories to these five positive keys: 1. A set of four

positive teams (Heavenly, Home, Away, and Medical), 2. Choosing Optimism, 3. Positive Self Talk, 4. Gratitude, 5. Looking for the Good or the "Silver Lining"

Dave's workshops and training are fun, engaging, and challenging. He is less about the 'hype' and more about the 'How To.' The workshops deliver simple tools that allow people to be successful immediately. The workshops take them beyond positive thinking to positive actions, positive expectations, and positive attitudes with encouraging, life-enhancing experiences. Everyone who has attended a Stonehouse Resource workshops benefit from Dave's trademark phrase, "There is no down side to being positive."

Stonehouse Resources Workshops: Simple Tools...Immediate Results.

Stonehouse workshops deliver simple tools that allow people to be successful immediately and with lasting results. Complex subjects are distilled into easily understood concepts with immediately actionable steps. No fluff or fillers. They are fun, engaging and challenging. It's all about the "how to" delivered in a positive, motivating, encouraging, and life-enhancing way.

Workshop Lengths

Our workshops are built for a 50 to 60 minute format. Most of our workshops can be adjusted to fit a shorter or longer time slot, and customized to your unique needs.

Workshop Strategy

Each of our workshops is built around common business challenges and utilizes tools, processes and methods that are easy, fun, and effective. To enhance organizational sustainability we include the what, why, and how in each workshop creating a common knowledge base that everyone knows, a common language that everyone understands, and common tools, processes, and methods that everyone can use.

One Time Events

Our workshops deliver powerful and actionable messages for company meetings, leadership retreats, conferences and conventions and breakout sessions.

Stonehouse Resource workshops are perfectly positioned for corporate wellness and well-being initiatives, Lunch and Learn programs, and as an addition to existing employee and leadership development programs.

Ongoing Programs:

Building and growing a "Best Place to Work" culture isn't a one-time event, it is a journey. We are happy to combine our workshops into a longer-term program that can be deployed as a series (weekly, bi-weekly, monthly, or quarterly), a half-day or day-long event, or multi-day event for your employees.

Companies working with us on a longer-term basis often include individual and small group coaching and peer-to-peer development sessions for leadership teams so they can better model, mentor and coach to the culture, the positive behaviors, and skill sets taught in the workshops.

Loved it! Want more! Need More!

Thank You—Excellent for all areas of life!

CentraCARE Health Systems

Stonehouse Resources will develop skills, transform culture and address these common workplace challenges:

- Teams in a Hybrid workplace
- Leadership Development
- Organizational Development
- Stress, Burnout and Negativity
- Emotional Drama and Behavior Issues
- Disengaged Employees
- Team Dysfunction
- Criticizing and Complaining
- Low Morale and Bad Attitude

**Call today.
Start building people with the
power of positivity.**



Stonehouse Resources Coaching:

Hybrid coaching that covers business, personal, executive, career, leadership, and more.

Coaching is often the missing piece to help leaders get out of their own way, get clear about their goals, and take action to achieve the things that are truly important to them. Stonehouse Resources will help identify blind spots and bottlenecks, as well as areas for growth and opportunities for success. You can trust us to confidentially help navigate challenges that are professional or personal.

What is “hybrid” coaching?

Hybrid coaches coach to all areas of a person’s life. We are Life Coaches, Business Coaches, Executive Coaches, Career Coaches and Leadership Coaches. We coach our clients in any aspect of their lives where they want to see change, growth, or improvement. We help our clients get what they want, achieve goals and overcome obstacles. We are our clients’ accountability partner helping them stay on track.

We have found that if we begin in the business realm of a client we often focus on the spill-over and cross-over effects in their personal lives. If we begin in personal areas the same spill-over and cross-over effects are present in their professional lives. Smart leaders realize that we can no longer expect people to leave their personal or business lives at the door. It can’t be done. We bring the full circle of our lives, good and bad, with us wherever we go so we coach to the full circle of our clients’ lives.

Coaching can be a powerful resource to get you out of your own way and to take action to achieve the things that are truly important to you.

Stonehouse Resources coaching will help you personally or professionally:

- 1. Get clear about your goals and find meaning or purpose.** We help you determine what’s really important to you and help you stay focused on that.
- 2. Identify blind spots.** We help you figure out what you don’t know and clue you in to things you may not be able to see. We can be open and honest with you because we are not vested in any specific outcome.
- 3. Be accountable.** We help keep you on track and moving forward toward new levels of achievement. For many of people, having someone to answer to motivates them to act.

4. Feel happier and more fulfilled. Because we help you identify and align your values, create a focus, and cut through clutter we help you increase your personal and professional fulfillment and satisfaction.

If you’re serious about committing to growth, personally or professionally, Stonehouse Resources coaching will pay off in increased clarity, purpose, happiness and success.

Additional Traction for Businesses Running on EOS® (Entrepreneurial Operating System)

You’ve made the commitment to developing and growing the “Right People for the Right Seats” by running on EOS. As a former EOS implementer, Dave Faust can implement individual and team coaching, leadership training, and employee engagement sessions/workshops into your EOS environment. His experience with EOS and as a coach and facilitator give him the perfect perspective and experience when you want additional coaching, leadership growth, and development.



Stonehouse Resources Speaking:

Keynote and short programs need more than a motivational speaker.

20 to 40 Minute Programs tailored for your needs.

Good motivational speakers inspire during their time on stage. Great speakers move beyond their time on stage to inspire real change and action in their audience after the program is over.

What makes a great program or keynote speaker?

Most speakers talk about the what. We deliver the how-to with easy tools that people enjoy implementing. Stonehouse is not brain candy or fluff. We deliver meat and potatoes. We utilize simple, best practice tools and processes that help people achieve outstanding results in their working and personal lives. Whether you are planning a convention, company meetings, or wellness expo, Stonehouse Resources delivers.

20 to 40 minute programs designed to inspire

Leveraging Positive Conversations to Build Trust, Accountability, and Engagement

Gallop said "To win customers and a bigger share of the marketplace, companies must first win the hearts and minds of their employees." Research couldn't agree more. Employee engagement isn't just a buzz phrase, it is the new competitive advantage, the edge that allows companies to excel in excellence. Real employee engagement is built on positive relationships and by leveraging positive, planned conversations between leaders and the people that report to them. This builds trust, discipline, and accountability in both directions.

The Story of Two Wolves

Timeless wisdom and important life lessons are learned through this ancient Cherokee legend. This is a powerful resource for any organization looking for a positive message that will be universally appealing, educational, and entertaining. "The Story of Two Wolves" has an immediate positive impact on the audience and culture of their organization.

Making Networking Pay — No Professional Visitors Allowed

One dilemma that managers have is how much networking makes sense for their business. Networking, like any other business activity, should be outcome and results-based. In this keynote we present an easy way to establish goals and outcomes for networking activity. We'll help you determine which networking activities are paying off and which ones are only for professional visitors with no payoff.

Zebras and Lions in the Workplace — Leadership Lessons from the African Plains

A "National Geographic" style lesson in positive leadership incorporating the drama of life on the African plain and how that relates to building high performance organizations with engaged employees and committed customers. It all starts with the leadership. Do they eat the people that report to them for lunch or are they seen as valuable and respected players in the mission of the organization. Learn how to be a Zebra leader in this powerful and entertaining keynote.





All Stressed Up... With No Place to Go

Defusing chronic stress and the harm it does

Part of the Stress Intelligence Series

All Stressed Up with No Place to Go teaches us how to control, neutralize, and even reverse the damage harmful stress causes.

We hear about stress everywhere...

Stress is in the news, magazine articles, and doctors tell us about the multitudes of medical problems caused or made worse by stress. Stress is the number one problem for business and has become a \$1 trillion-dollar health epidemic. That's the bad side of stress.

The new "All Stressed Up...With No Place to Go" workshop provides the best answers to, "what can I do about stress?" from home, at work, or anywhere. Learn how to positively defuse, reduce, and counter the effects of chronic stress in your life. Help create a culture of high performance stress busting people at work.

Learning Objectives:

1. Understand the types of stress and how they affect our physical and psychological health.
2. Learn how to control the physical symptoms of harmful stress.
3. Discover how to effectively neutralize and counter the harmful effects of chronic stress.

The **Stress Intelligence Series** consists of two programs that teach people how to use stress to their advantage rather than having their stress use them. "All Stressed Up with No Place to Go" and "How to Make Stress Work for You", are true game changers in how we deal with stress and, perhaps more importantly, what stress does to us.





How To Make Stress Work For You

Shining a light on the good side of stress

Part of the Stress Intelligence Series

How to Make Stress Work for You looks at the good side of stress and shows us how to transform harmful stress into helpful, productive and healthy stress.

“How to Make Stress Work for You” is all about shining a light on the good side of stress and how it can help us. The newest tools in the war on stress aren’t about avoiding, reducing, or eliminating stress but how we can effectively transform stress to enhance productivity and dramatically reduce stress-induced mental and physical health issues.

Psychologists have pointed out that humans can’t live a life of meaning and purpose without experiencing stress. The solution, according to the psychologists, is to get good at stress. As ridiculous as that may sound on the surface, getting good at stress has a positive impact on health, attitudes, life expectancy, happiness, and life satisfaction indexes. That is quite a shift from something that has also been blamed for killing us and driving as much as 80% of doctor visits in the US.

“How to Make Stress Work for You” teaches the mindset interventions and simple techniques to help people see and respond to stress differently, in a healthier and more useful way. The skill sets taught are fundamental in helping employees avoid burnout and disengagement as well as creating a greater sense of well-being.

Learning Objectives:

1. Understand the research on the good side of stress.
2. Cultivate a new mindset on stress to increase performance and dramatically reduce the harmful effects of stress.

3. Learn how to transform harmful stress to helpful stress.

The **Stress Intelligence Series** consists of two programs that teach people how to use stress to their advantage rather than having their stress use them. “All Stressed Up with No Place to Go” and “How to Make Stress Work for You”, are true game changers in how we deal with stress and, perhaps more importantly, what stress does to us.

Dave Faust provided a dynamic two-workshop program called the “Stress Intelligence Series.” This two-workshop program, conducted for more than 37 SCORE registered participants in Central Minnesota, provided several tools and strategies to help each participant learn how to use stress to their advantage rather than having their stress use them. Each participant came away with immediate tools to effectively reduce the effects of stress on their own health, well-being and performance.

John Hlavac, CEC



Let Go and Get Over It

Defuse, neutralize, and process emotions

Effectively managing emotions is critical for remaining calm, reasonable, and rational. Learn easy and powerful tools to gain control over our negative emotions and feelings and return us to a calm, reasonable, and rational state. This is a crucial skill set for leaders.

Let Go and Get Over It is a powerful interactive workshop that teaches simple, easy, and effective tools to defuse, neutralize, and process emotions and feelings. This workshop includes tools to get back to a calm and emotionally controlled state.

We have all been hijacked or held hostage by our emotions. We all know what it is like to lose our temper or become offended or anxious. We have all felt stressed, fearful, frustrated, lonely, or sad at some point.

The tools taught in Let Go and Get Over It allow us to manage and process feelings in the moment and gives us the ability to positively process the old hurts and pain from the past. In other words,

get rid of our emotional baggage. The Emotional Intelligence skills taught are portable, teachable, and transferable. They are a perfect match for developing coaching and servant style leadership skills.

Learning Objectives:

1. Experience a simple process for letting go of unwanted emotions
2. Discover how to get control of runaway emotions and being held hostage by emotions and feelings
3. Learn how to get past the past and get rid of emotional baggage





Being Your Best Self

Bring awareness to function at our Best-Selves

This workshop is designed to bring awareness and actionable steps to being our Best-Self and how to flip the switch when we are not. It is the perfect skill set for high customer, high client, or high patient contact employees and for high employee contact managers and supervisors.

Being Your Best-Self is designed to bring awareness and actionable steps to being able to function at our Best Self at home and at work.

We all have two selves, our Best Self and something less. When you ask anyone around you, your bosses, co-workers, customers, family, kids, friends and even strangers which self they would rather see show up, the answer is always the Best Self. Unfortunately, that is not always the Self that shows up.

Being Your Best-Self guides each participant through a self-inventory exercise to discover their Best-Self and their less-than-best-self. Participants then learn simple tools for flipping the switch from less-than-best-self to Best-Self. As leaders, Being Your Best-Self teaches us how we can help others on our team make the switch from their less-than-best-self to their Best-Self.

Being Your Best-Self is a perfect fit for high customer, client or patient contact employees and for high employee contact managers and supervisors.

Learning Objectives:

1. Use a simple tool to identify our own Best-Self
2. Learn how to recognize when we are not being our Best-Self
3. Discover quick and effective techniques to being our Best-Self

This workshop is the perfect fit for high contact teams such as:

- Banks and S&L's Employees
- Financial and Insurance Advisors
- Sales Teams
- Call Center Teams
- Retail Company Teams
- Healthcare and Social Services Workers
- Managers and Supervisors
- Anyone who deals with other people

**Call today.
Start building people with
the power of positivity.**



Keys to Being More Positive

Change perceptions and levels of happiness

This workshop provides simple and effective tools for increasing the positivity and happiness of individuals, leaders, and organizations. A great fit for leadership and employee development, corporate wellness programs and building employee engagement with takeaway value that extends well beyond the workplace.

Keys to Being More Positive provides simple and effective tools for increasing the positivity of individuals, leaders and organizations. Using the science of Positive Psychology combined with proven best practices, this workshop gives participants tools and immediately actionable ideas to increase positivity for themselves, their family, and the workplace.

To build a more positive and happy workplace culture, we must create more positive people within the culture or organization. Keys to Being More Positive helps create happy, optimistic, and positive people by teaching them how to change their perceptions and their levels of happiness.

Keys to Being More Positive fits well under the banners of leadership and employee development and is also a great fit for corporate wellness and building employee engagement. Happier employees are good for your company and bottom line!

The take away value for participants extends well beyond the workplace to their home and personal lives.

Learning Objectives:

1. Learn how to apply the science of Positive Psychology to train our brains to be more positive, happy and optimistic.
2. Discover the best practice tools for changing levels of positivity personally and organizationally.
3. Leave with action plans to increase organizational and personal positivity, optimism and happiness.

I had the opportunity to meet with Dave Faust at Stonehouse Resources on an individual level, after attending one of his motivational speeches. David did a great job of finding out my career responsibilities and aligning them with my personal goals. I am excited to see how I can use this training to not only grow myself but also my company. I will gladly recommend him for either large or individual training!

John Brandon Gerads



Leveraging Positive Conversations

Build trust, accountability, and engagement

Leaders will experience using strategic conversational tools and a quick and effective leadership coaching process to grow positive relationships and build trust, accountability, and engagement with team members. To quote David Lee, "Employee engagement is built or damaged one conversation at a time."

"Leveraging Positive Conversations" teaches leaders how to build trust, accountability and engagement within their teams by nurturing supervisor to team-member relationships using strategic and positive conversations.

That sounds like a big order. But the real question is, can it really be done with positive conversations? The answer is a resounding yes. As a matter of fact, one senior citizen community in Michigan lowered their employee turnover by over 70% in less than a year by using just one of the processes taught in this workshop.

Learn by doing! This is a very experiential workshop where attendees will practice and participate in the processes taught. Leaders will experience using strategic conversation tools

to grow positive relationships and build trust, accountability, and engagement with their team members.

Learning Objectives:

1. Explore and personally experience the impact of high and low employee engagement workplace environments.
2. Understand how employee trust, accountability, and engagement can be driven by building relationships with planned strategic, positive conversations.
3. Experience and practice using positive conversations and leave with an action plan to increase employee engagement, trust and accountability at work.





Attitude is... Everything!

Take control of attitude and how we impact others

Positive attitudes are a distinct competitive advantage and the foundation for creating a “Best Place to Work” environment. Participants will discover how to monitor and control their attitude from moment to moment and how to positively effect the attitude of others.

Attitude is the difference between being problem focused or solution focused, between being an optimist or a pessimist.

Learn how to positively impact your attitude and positively affect the attitudes others.

It is said that “Attitude is Everything” and “Your attitude determines your altitude.” We couldn’t agree more.

In Attitude Is... participants learn how to take control of their attitude and gain an understanding how we impact the attitude of others around us.

No one enjoys being around the bad attitudes of Johnny or Jenny Raincloud. Their negative impact on workplace harmony and productivity can be dramatic. Attitudes, good or bad, will infect others around them and often become self-fulfilling prophesies.

Attitude is the difference between being problem focused or solution focused, between being an optimist or a pessimist. Positive attitudes are a distinct competitive advantage and a basis for creating a “Best Place to Work” environment.

Attendees will discover how they can use the power they have at their fingertips to positively impact their attitude as well as affect the attitudes of others around them.

Learning Objectives:

1. Understand the relationship between your attitude and your thoughts, feelings and beliefs.
2. Discover how to monitor and control your attitude from moment to moment.
3. Learn how to positively impact the attitudes of others.



Getting Out of Your Own Way

Overcome resistance to doing the things we should

The cure for helping us overcome ourselves and our own hesitations, procrastinations, and the “I don’t feel like it” or “I’ll do it later” attitudes. Learn the brain hacks and simple solutions, backed by science, to getting started doing the tough, unpleasant and annoying things.

“Getting Out of Your Own Way” is all about how to overcome ourselves and the starting resistance we feel about certain things when we know we should to do them and yet we don’t, or the things we know we shouldn’t be doing and yet we still do.

Let’s face it, most of us have no problem getting started doing the things that are fun and easy. Unfortunately, many of the important things we should be doing are not on the fun and easy list and some of the things we know we shouldn’t be doing are on the fun and easy list. That’s when we need an extra push from within. Something that will get us up and moving towards a goal or getting something of value done, or when we need something to help us pull away from destructive habits, unwanted behaviors, and unproductive thought patterns. “Getting Out of Your Own Way” give us that extra push from within.

The simple process taught in “Getting Out of Your Own Way” is a proven solution, backed by science, to getting started doing the tough, unpleasant and annoying things. Once we get started the rest seems to fall into place. The key is always getting started. “Getting Out of Your Own Way” gives us a starting ritual or routine that helps us overcome our own hesitations, procrastinations and the “I don’t feel like it” or “I’ll do it later” attitudes.

Learning Objectives:

1. Understand how we get in our own way.
2. Learn how the brain’s operating system works.
3. Discover a method to get past the brain’s operating system to start doing the things we want to do and stop doing the things we don’t want to do.

I have had the privilege of working with Dave Faust and Stonehouse Resources in several capacities. He has served as a mentor to me personally as I navigated a challenging relationship with my former spouse, causing almost overnight changes in our interactions. Just as importantly, he has coached and trained my staff on topics like workplace positivity. His influence has enabled me to create a positive culture at my growing company. I highly recommend the services of Stonehouse Resources!

Chris Dolney,
FaceTime Business Resources



Living Your Values

Identify and understand core values and beliefs

Living Your Values helps people and organizations identify their core values for the purpose of making better decisions in important matters. Take a deep dive into what's important to you and why. Core values help us better live with passion, purpose and life satisfaction.

Living Your Values helps participants identify and understand their core values and beliefs and how they influence perceptions, attitudes, and behavior. Values are guideposts we use as we make decisions in our personal and professional lives. They are the principles that guide our decisions

Living Your Values is about being able to make value-based decisions. In business and in life one of the keys to being happy and feeling fulfilled or satisfied is making important decisions based on core values.

To make value-based decisions we must know what our core values are and why they are important to us. Living Your Values will guide participants to identify their core values for themselves personally or for their business and professional lives.

Understanding our core values, what we believe, and internalizing a personal code of conduct is a key to living with purpose.

Living Your Values helps people identify their core values and make better decisions in important matters.

Learning Objectives:

1. Understand how our core values impact our happiness and life satisfaction.
2. Identify the core values for you and/or your business and why they are important.
3. Learn how to make value-based decisions in business and life.





The Law of Attraction

Change circumstances by changing thinking

This fun and life-changing workshop teaches people how to use the Law of Attraction to attract more of what they want and less of what they don't want in their personal and professional lives!

This workshop teaches people how to use the Law of Attraction in their lives and businesses. The ancient proverb states, "As a person thinks, so are they."

What if it was possible to attract the ideal job, more money, or the perfect partner? What if we could change our circumstances just by changing our thinking? What if businesses could attract the perfect customers, employees and opportunities?

All of this and much more is possible when we change our thinking. We can actively change our lives, our relationships, our businesses and our future. Our thoughts can create our experiences and our reality and also have an enormous impact on our physical health, for better or worse.

This fun and life changing workshop teaches people how to use the Law of Attraction to attract more of what they want and less of what they don't want! Participants will discover the simple three step method for applying the Law of Attraction to their lives personally and professionally.

Learning Objectives:

1. Understand what the Law of Attraction is and how it works.
2. Discover how to deliberately use the Law of Attraction to attract people, events, circumstances and experiences into our lives that we want and how to stop attracting things we don't want.
3. Find out why positive thinking and affirmations don't work for most people and how to make them work.

What if we could change our circumstances just by changing our thinking?
What if it was possible to attract the ideal job, more money, or the perfect partner?

What if it was possible for businesses to attract the perfect customers, employees and opportunities?

Learn how in The Law of Attraction workshop.

"Loved it! Want more! Need More!
Thank you —Excellent for all area of life! Should be on-going
monthly or bi-monthly!"
CentraCARE Health Systems

"Delivered a process, not just a feel-good message."
MN Society for Human Resource Management

"If you want to live a better life or help your employees do the
same, invite Dave to provide one of his incredible workshops. He
can tailor and customize a presentation that will truly make a
positive impact to all who have the pleasure of being a part of it."
Linda Allen, Quiet Oaks Hospice



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