



**Work together, better.**



Kit Welchlin's approach has helped him earn the respect and appreciation of audiences for years across a wide variety of organizations. Often described as "high energy" and "entertaining," he weaves his special blend of lighthearted humor with practical strategies that enhance listeners' personal and professional lives. Because Kit's goal is for each presentation to feel like a personal experience for the audience, he often customizes his content, sharing proven methods and techniques that are truly relevant.

Kit's gift is his ability to transform his audience to active participants who feel like they've engaged in a conversation. At the end of the presentation, audiences walk away energized and informed, armed with new tools and strategies, and believe their time with Kit was very well spent.

## **SPEAKING TOPICS**

### **Chaos and Change: Become a Quick-Change Artist**

Change is becoming the norm, to resist it can ruin your career. Learn to invest your energy in finding and seizing the opportunities brought by change.

### **Closing the Gaps: Communicating Across the Generations**

With different generations converging on the workplace, everyone needs to be equipped with practical strategies to deal with the differences. Learn to sort through stereotypes and identify strengths.

### **Handling Difficult People: Dealing with People You Can't Stand**

It is estimated that 20 percent of our population can be classified as difficult people. No matter where you go, there will be at least one to deal with. Learn to identify types of difficult people and strategies for controlling your emotions and responding appropriately.

### **Stress, Time & Procrastination: Are You a Burnout?**

Nearly half the nation's workers say job stress is destroying their mental and physical health, and eroding productivity. Learn 30 techniques to relieve stress, 20 time management techniques and 5 steps to stop procrastination.

### **You're On A Team, You May As Well Be Good At It**

Working together is a difficult and complicated communication task. Working well together is a necessity. Learn how to participate effectively and build cohesiveness on a team in this fast-paced & interactive program.

### **Applying Emotional Intelligence for Career Success**

The qualities that make up emotional intelligence — self-awareness, self-regulation, motivation, empathy, and social skill — enable the most successful professionals to raise their own and others' performance to a higher level.

### **Leadership: It's not just Positional; It's Personal**

Position power is the extent to which you have rewards, punishments, and sanctions. Personal power is the extent to which you can gain the confidence and trust of people you lead. The new leaders are communicators and build and sustain both positional and personal power.

**Other topics are available, see [conversion-omics.com](http://conversion-omics.com) for complete list.**



**612.803.4512 [more@conversion-omics.com](mailto:more@conversion-omics.com)**



## ABOUT KIT

Kit began public speaking at the age of 9 in 4-H. By 16, he was organizing and facilitating presentations on leadership, citizenship, community service and motivation for the 4-H and Future Farmers of America.

Kit has a B.S. Degree in Speech Communication, Business Administration and Political Science. He earned an M.A. Degree in Speech Communication and Business Administration.

Kit purchased his first manufacturing company at age 21, and by 26 was CEO and Chairman of the Board of three manufacturing companies in three states. He's been an instructor with the Minnesota State Colleges and Universities, where he has been repeatedly nominated Outstanding Faculty. He is a Professional Member of the National Speakers Association and earned the CSP (Certified Speaking Professional) designation. He has delivered more than 3,000 presentations to more than 500,000 people.



## WHAT PARTICIPANTS SAY

*"Thank you for a fabulous presentation at our Leadership Development conference. You are a dynamic speaker – it was obvious that you had done your homework, because your customized presentation really hit home. Months later, staff are still talking you and are practicing the things that they learned at the event!"*

**Lisa K. Krause, Service & Staff Development, Mayo Health System**

*"Thank you very much for the great workshop you put together for my staff. Stress, Time and Procrastination Management and Team Building were the critical areas where we needed help. You came well prepared with impressive customized workbooks. Your easy flowing sense of humor, combined with knowledge helped everyone participate in the seminar, enjoy it and benefit at the same time. Feedback has been positive and enthusiastic."*

**Pam Aylward, Ameriprise**

*"Thank you for helping with our Leadership Series. Your program, "Handling Performance Problems with Difficult Employees," was rated higher overall than any of the previous 14 programs we have offered in our series."*

**Ken Gansen, St. Peter Regional Treatment Center**

*"Thank you for your presentation at our Leadership Conference last week. We received many comments, such as:*

- *One of the finest sessions on communication I've hear! And I am a retired 33-year high school communication teacher!!*
- *Excellent presenter. Had great ideas.*
- *Dynamic – kept my interest*
- *Fast moving and entertaining, just super!*
- *Great speaker, one you will remember a long time*
- *We certainly got our money's worth with Kit*

*In particular, I thought you were a great speaker to jump start the 2nd morning of the conference. Your high-energy style got people awake and engaged.*

**David Vestal, ISAC (Iowa State Association of Counties) General Counsel**



## CLIENT LIST

Corporate  
 3M  
 Ameriprise  
 BAE Systems  
 Cargill  
 General Dynamics  
 General Mills  
 Land O Lakes  
 SunOpta  
 Target  
 Healthcare  
 American Society of Healthcare  
 Materials Management  
 Critical Care Nurses  
 Mayo Health System  
 Minnesota Hospital Association  
 National Association of Surgical Technicians  
 Nurse Administrators  
 Orthopedic Nurses  
 Tennessee Hospital Association  
 Government  
 Corrections  
 Defense Contractors Management Assn  
 Economic Security  
 Employee Relations  
 Health and Human Services  
 Labor and Industry  
 Natural Resources  
 Public Safety and Transportation  
 U.S. Army

**Speeches | Seminars | Training | Coaching | Consulting**

**612.803.4512 | more@conversion-omics.com**