



Positively Actionable BUSINESS EDUCATION

1st & 3rd Weds
9:30 - 11am

@ SPACES.

Perform at
Your Best When
Stakes Are High

Wed, Sep 20, 9:30 - 11

Speaker:
Ron Duren Jr. of
FocalPoint Business Coaching



emcee Nate Lappegaarde
coordinator Ashleigh Sims
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Wednesday, September 20, 9:30 - 11am

Spaces Denver-Ballpark, 2301 Blake St., Denver, CO

Perform at Your Best When Stakes Are High

When the stakes are high, how do you manage your fear, stress and anxiety? Do you feel that fear is holding you back from achieving the success you desire? You will learn how the brain functions when it senses danger, and how to use it to your advantage to leave your competition behind. In this fast paced presentation, participants leave with pragmatic tools to excel when others wilt.

Actions You'll Learn

- How to harness our fear
- What happens to your brain when it senses danger
- Practical advice for managing fear
- Perform at your best for that presentation or pitch

An expert in both leadership and management, Ron Duren Jr. teaches at the University of Colorado, Boulder. In 18 years as a Mechanical Design Engineer and Project Manager for Fortune 500 companies in the data storage industry, excelling amidst high-pressure events has forged Ron's expertise is high-pressure performance.



Boost Biz Ed Denver meets on 1st & 3rd Wednesdays.

At Boost Biz Ed actionable business educators share practical insights with an action-ready audience of business owners and professionals. Actionable education is information and insight that is immediately applicable for business improvement.

Our workshops are also captured via **Facebook Live** and shared via **YouTube**.