



Award Winning Speaker



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. Kit 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. 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.

SPEECHES, SEMINARS, AND WORKSHOPS

➤ **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.

➤ **Creating a World-Class Customer Service Culture**

We never hear from many of the people that are unhappy with us, or our organization, or our service. Do you really know how you're doing?

➤ **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.

➤ **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. Identify types of difficult people and strategies for controlling your emotions and responding appropriately.

➤ **Resiliency: Become the Person that Can Bounce Back!**

Resilience is one's ability to bounce back from a negative experience and regain functional competency quickly. Resilience is our ability to adapt successfully to disruption and adversity.

➤ **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**

The new leaders are communicators and build and sustain both positional and personal power.





ABOUT KIT

Kit grew up on a hog and dairy farm and 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 received the Excellence in Teaching Award. 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. In 2014, Kit was inducted into the Minnesota Speakers Association Hall of Fame.



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



Speeches | Seminars | Workshops

CLIENT LIST

Corporate

3M
Ameriprise
BAE Systems
General Dynamics
Target

Agriculture

Cargill
General Mills
Land O' Lakes
SunOpta

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