



straight UP

with CHRIS

REAL TALK ON BUSINESS & PARENTHOOD

WITH CHRIS EFESSIOU



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November 15th 2012: Go from Good to Great in Business and at Home

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What are the secret ingredients that will take you from good to great in business and at home? Can we cultivate them....yes! Formal education and job skills are not enough. The two core abilities one has to develop are personal strengths and people skills. These are essential to face and manage challenges, motivate, inspire and develop positive habits. What are the best ways to develop these core abilities? What does it take to discard an old behavior and replace it with a new one? Why is it so hard? There is a time in the process called the "Crunch Point." Meredith Bell, President of

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Featured Guest



Meredith Bell

Meredith is President of Performance Support Systems, a software company based in Newport News, Virginia. She and her two business partners have worked together for more than 20 years, and they have been creating assessment and development tools that help people become stronger for work and life. Over the years, Meredith has coached and trained thousands of business leaders, managers, and employees. Today, she touches even more lives through her company's online programs. ProStar Coach is a unique tool for personal development. It has four new versions: Strong for Success, Strong for Business, Strong for Performance, Strong for Parenting, with hundreds of resources that help you to be succes

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