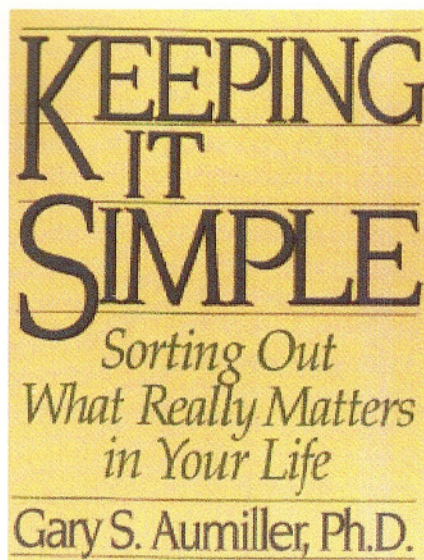


KEEPING IT SIMPLE

Sorting Out What Really Matters in Your Life

ABOUT THE PROGRAM

The pace of the world has become so quick that few can keep up with it. We have been taught the attitude that we can "have it all." We have been told that we can analyze our way through our problems. We have watched as our relationships become too difficult to maintain. We have allowed our faith to crawl away, leaving us alone and spiritually afraid. This is the plight of many Americans regardless of profession.



Today's work world is a "high risk lifestyle" -- high risk of attitudinal problems, high risk of behavioral problems and high risk of intimacy and relationship problems. As Dr. Aumiller worked with law enforcement officers throughout the country, he found one common bond. Their lives were over complicated, their budgets overstretched, their time over-booked and their relationships over-taxed. They needed change, but so feared losing what they had worked so hard to gain, that change was not possible. Dr. Aumiller started working with them on simplifying their lives and the results were profound. They began to find their way again, clear their thinking, reform their relationships, and restructure their lives. They became more successful, both personally and organizationally. Happiness was the natural outcome. If this program can work with the most stressed of occupations, imagine what it can do for your employees.

This program teaches the basic concepts of Dr. Aumiller's book and his work teaching "health and success through simplicity" to people of all occupations. Dr. Aumiller teaches simplification in four areas: possession and time, thoughts, relationships and spirituality. Dr. Aumiller shows participants how to overcome the "high risk life-style" of today's society. He shows participants how to focus on the important matters in life and become happier, healthier and more productive. The program has become a regular part of the curriculum at the National Academy of the FBI, and has generated accolades from organizations both in and outside of law enforcement.

The book, *Keeping It Simple*, serves as a program workbook for participants who want to have materials to continue their simplification process at home. During the breaks and after the program, Dr. Aumiller will make himself available to sign copies of the book for interested participants. Organizations can purchase books in bulk at reduced rates from the publisher, from Dr. Aumiller directly, or can arrange for participants to purchase copies at the program on their own.

BENEFITS

PROGRAMS HAVE BEEN SHOWN TO HAVE THE FOLLOWING BENEFITS:

Reduced use of sick time, workman's compensation and medical benefits

Better goal direction and tenacity in the face of adversity

Better safety records

Increases in morale

Less officer "behavior problems"

Increases in productivity

Less civilian complaints

Better organization

Better relations with superiors

Less "passing the buck"

Greater job satisfaction

Increase in alertness

Better teamwork

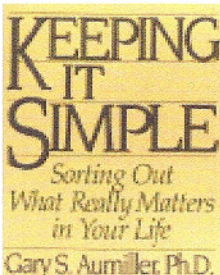
Better communication

**TO ARRANGE A WORKSHOP
FOR YOUR COMPANY
CALL (631) 724-5522**

IS YOUR COMPANY SUFFERING FROM COMPLICATIONS?

15 SIGNS YOUR EMPLOYEE'S LIVES ARE TOO COMPLICATED

- ✓ **Employees are always complaining about something or someone**
- ✓ **Work habits have become very inconsistent**
- ✓ **Employees look stressed out, going in ten different directions**
- ✓ **Cynicism seems to be the primary attitude on the job**
- ✓ **Paperwork is way behind, and there are a lot of excuses**
- ✓ **The work environment is getting cluttered**
- ✓ **Employees are spending too much time spreading rumors and worrying about other people's business**
- ✓ **Personal desires are being put ahead of company needs**
- ✓ **You keep hearing about your employees having family and marital problems**
- ✓ **Employees are not doing what they are told, and are not respecting managers**
- ✓ **Employees are calling in sick too much**
- ✓ **Productivity is down, Procrastination is up**
- ✓ **Everyone is always "passing the buck"**
- ✓ **Morale is low, work is "just a job"**
- ✓ **Employees are taking their work problems home, and their home problems to work**



Dr. Gary Aumiller, author of the best selling book Keeping it simple, can teach your employees to simplify their lives

CALL (631) 724-5522

NOTHING IS MORE SIMPLE
THAN GREATNESS;
INDEED, TO BE SIMPLE IS
TO BE GREAT
-- RALPH WALDO
EMERSON

LIFE IS SIMPLE AND THE SIMPLE
THING IS THE RIGHT THING.
--OSCAR WILDE

BEAUTY OF STYLE AND
HARMONY, AND GRACE
AND GOOD RHYTHM
DEPEND ON SIMPLICITY
--PLATO

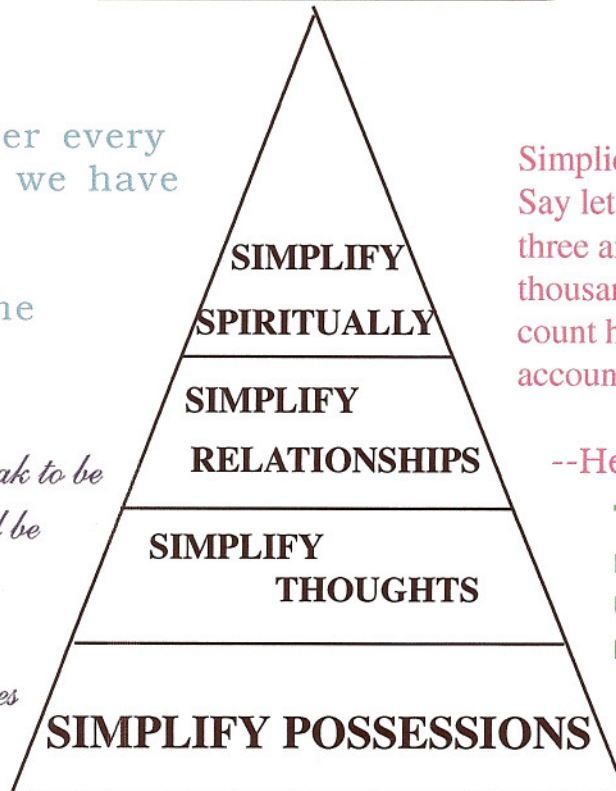
GOAL: A SIMPLER LIFE

We should consider every
day lost in which we have
not danced once.

--Nietzsche

*When a thought is too weak to be
expressed simply, it should be
ignored.*

--Vauvenargues



Simplicity, simplicity, simplicity!
Say let your affairs be as two or
three and not a hundred or a
thousand; instead of a million
count half a dozen and keep your
accounts on a thumbnail.

--Henry David Thoreau

**The ability to simplify
means to eliminate the
unnecessary so the
necessary can speak.**

--Hans Hauffman

BUILDING A PYRAMID OF CHANGE

ABOUT THE PRESENTER

DR. GARY AUMILLER has emerged as a leader in the field of motivational and police psychology. He has presented papers in all the major associations in psychology, has written over sixty articles on a variety of topics that have been published in both civilian and police publications, has appeared on over 120 talk shows as a police psychologist and has written two books called *Keeping It Simple: Sorting Out What Really Matters In Your Life*, which was released to bookstores in September, 1995., and *Red Flags!! How to Know When You're Dating a Loser*, which was released August, 1999 and is currently a regional bestseller. He is past president of the Society of Police and Criminal Psychology, and the Editor-in-Chief of the Journal of Police Psychology. Dr. Aumiller has given motivational speeches at over 450 corporations, conventions, public venues, colleges and police academies across the country, and is a regular guest lecturer at the FBI National Academy in Quantico, Virginia. He runs a counseling service for the corporate community and emergency service workers on Long Island. He also works with the United States Postal Services and the FBI on national tragedies, and a variety of groups international in trauma intervention situations. Outside the field of psychology, Dr. Aumiller has acted as a consultant on two police movies, and even played a leading role of a serial killer in a Columbia Pictures movie called "Murdered Innocence," for which he won a best supporting actor award in a national film festival. Prior to his speaking and psychology career, Dr. Aumiller performed as a stage actor in professional stage and theatrical touring companies, and performed in three American opera companies. His theatrical background shines through in his presentations to make them interesting and entertaining.

