



JIMMCCARTHY.COM

# HAPPY, HIGH-PERFORMANCE TEAMS



- ACHIEVE TEAM GOALS
- REDUCE EMPLOYEE STRESS

- RETAIN TOP TALENT
- CREATE A MEANINGFUL LEGACY

Research shows that **optimistic salespeople outsell their pessimistic counterparts** by 56%! How much more productive would your employees be if they were more positive, relaxed and fulfilled, while enjoying better personal lives and health?

**Jim McCarthy would like to help you.**

**STANFORD MBA • EMPLOYEE #258 AT YAHOO! • LIVING WITH A CANCER DIAGNOSIS**

"A tremendous experience. I highly recommend to others that they do this!"  
**Heidi Roizen, Venture Capitalist at Draper Fisher Jurvetson**

"I can't recommend Jim strongly enough to companies looking to **get more out of their employees.**"  
**Dave Zinman, COO at RadiumOne**

"Great content. Every early stage company and manager should hear this. Seriously."  
**Mark Siegel, Partner at Menlo Ventures**

"Jim's workshop introduced new, **thought-provoking lessons.** Already find myself adopting several of the practices every day."  
**Brian Rumao, Chief of Staff to the CEO, LinkedIn**

## PREVIOUS ENGAGEMENTS



TO LEARN MORE, CONTACT: [JIM@JIMMCCARTHY.COM](mailto:JIM@JIMMCCARTHY.COM) | 650.930.6900



## KEYNOTES AND WORKSHOPS

Jim always customizes for each unique audience.



### HAPPINESS: CREATE YOUR PLEASURE, PURPOSE AND PEACE

(1 TO 6 HOUR VERSIONS)

Are your employees happy? This workshop helps your team contemplate their careers, legacy, relationships and meaning. They walk out with strategies and tactics to overcome obstacles, reduce their stress, appreciate their work, and be happy — right here, right now. This workshop will help them **rethink, refocus, and reenergize**.



### POSITIVE ATTITUDE: HOW TO TRAIN YOUR BRAIN FOR SUCCESS

(1 TO 2 HOUR VERSIONS)

Research tells us that a **typical human being's thoughts are roughly 80% negative**. A person's "negativity bias" is bad for their relationships, their career, and their health. Participants in this workshop learn science-based practices to keep positive and focused on what's really most important.



### GOAL SETTING: KEEP CALM AND GET STUFF DONE

(1 TO 6 HOUR VERSIONS)

Are your employees accomplishing their objectives? In this workshop, participants develop detailed **action plans and roadmaps** to achieve their goals without losing their minds. Leveraging the latest findings in neuroscience, the lessons are **equally practical for employees' personal and professional lives**.



### LEADERSHIP: HOW TO HIRE AND LEAD HIGH-PERFORMANCE TEAMS

(1 TO 6 HOUR VERSIONS)

How do business people recruit great talent and set them up for success? Whether a manager is new or very experienced, this workshop gives leaders the **tools and best practices to take their teams to the next level** -- starting immediately.

## ABOUT JIM MCCARTHY



Jim McCarthy is an **internationally recognized expert on happy, high-performance teams**. He loves helping organizations approach management training and culture in a radically new way, by teaching employees **proven methods to achieve goals and reduce stress**. Jim shares his expertise with companies of all sizes through keynote speeches, highly interactive workshops and customized training programs. His talks aren't just inspirational—your employees will take away **practical strategies, scientifically proven insights, and daily action plans** on how to change their thoughts, their careers, and their lives.

Jim has more than 20 years of executive and board level experience in Silicon Valley. He became **employee # 258 at Yahoo** in 1997, and later worked at NexTag, BlueLithium, and Drawbridge. Earlier in his career, Jim was an English teacher in Frankfurt, a business journalist in Madrid, and a McKinsey consultant in Munich. Especially because we live in turbulent times, audiences deeply appreciate Jim's unique perspective — as a **Stanford MBA**, Internet pioneer, world traveler, father, and person living with a cancer diagnosis.

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