Tracy Knofla:
High Interaction, High Impact

Inspiration and humor all wrapped up in one! Who could ask for more? Tracy's entertaining and energizing style is sure to bring your audience to their feet. No snoozin' during one of her presentations!

Tracy Knofla has conducted hundreds of outstanding presentations, seminars and workshops. Tracy is a co-owner and a featured presenter for High Impact Training, a nationally recognized training and development company.

Tracy feels she was born to be an educator - in the very broadest sense of the word. Her classrooms are all across the country and with students of all ages and backgrounds. Profoundly grateful for the opportunity, Tracy loves to share her talents and inspires others to change their lives.

Tracy received her bachelor's and master's degrees in Recreation and Leisure Studies from Southern Connecticut State University. She worked at Indiana University Southeast, as the Coordinator of Student Activities and as the Director of the University Center. In addition to the facility management, Tracy provided training and support to student and staff groups, where she developed and taught the freshman leadership course and supervised staff in multiple areas on campus. Following her career at Indiana University Southeast, Tracy served as Director of Therapeutic Recreation at several long-term care facilities in Connecticut.

Tracy and her business partner started High Impact Training in 1995 in order to fill a substantial training need within the higher education marketplace. Over time the company has expanded to include audiences within business, non-profit, government, and associations. As a business owner, Tracy understands the challenges that organizations face today. She knows that under-prepared or unproductive employees can affect all aspects of an organization, particularly the bottom line.

Tracy's broad educational and professional background contribute to her inspirational, interactive and highly motivational training style. She has an uncanny ability to draw out even the most reluctant workshop participants. The numerous "a-ha" moments she creates motivate and inspire Tracy on a very personal level. She's one of those rare individuals who appeals to young and old alike by bringing laughter and learning together.

More About Tracy Knofla ▸

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HIGH IMPACT TRAINING

Tracy lives by the motto, **"If it's not fun, I'm not doing it!"** She's adamant that training is serious business that doesn't have to be serious.

Tracy authored and published a book to accompany her renowned program, *Thriving In Chaos*. This book provides readers with a practical, easy to follow guide to live life with more joy and fulfillment in a world that often seems out of control. She has also written a number of articles featured in professional publications for higher education and business.

Tracy makes an impact through:

- ★ Keynote addresses
- ★ Student leader training
- ★ Professional staff/management programs
- ★ Retreats
- ★ One-on-one consultation
- ★ And much more!

Here's what people are saying about Tracy:

"The expertise, energy, enthusiasm, humor, and ability to relate made Tracy a true hit."
- South Carolina State University, Orangeburg, SC

"Tracy brings great energy and life to her workshops and my leadership participants always enjoy the awesome experience."
- Greater New Haven Chamber of Commerce, New Haven, CT

"Tracy gives participants lots of food for thought and stimulates audience members to re-examine their approaches to their work, their lives, and their relationships."
- CUPA-HR Southwest, Tucson, AZ

"She not only left students reflecting on their involvement as student leaders, but she had them up and on their feet engaging with one another."
- University of Alabama - Huntsville, Huntsville, AL

"She is creative, dynamic, and always entertaining - but the critical messaging and meaning are always there. We always leave her sessions with greater knowledge of ourselves and definite ideas on how we can improve our communication skills and outcomes."
- Girl Scouts of Connecticut, Hartford, CT

"Energetic, engaging, and educational: those three words sum up our time with Tracy Knofla. Her activities and challenges helped students get out of their comfort zones and to connect with each other."
- Saint Xavier University, Chicago, IL

For more information about Tracy Knofla, call 320.259.8222 and visit www.HighImpactTraining.net.

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