



WORDFOOD

How We Feed Or Starve Our Relationships

Every word we utter feeds relationships—or starves them.

WordFood is the diet of language that nurtures ourselves and others every day. Learn how the words you choose affect all the people you meet: spouse, children, friends, coworkers, customers, clients and even strangers.

You'll learn how to fix broken relationships, achieve greater intimacy and influence, avoid misunderstandings and arguments. Leave everyone you meet feeling nourished and encouraged.

WordFood teaches the power of the four WordFood Groups, the building blocks of the WordFood Pyramid, the essence of a healthy diet of positive interactions.

At this seminar, you will learn to

- *Achieve greater confidence, better relationships and respect and admiration*
- *Develop higher status, increased income, better job security and positions of leadership*
- *Build powerful collaborative relationships*
- *Improve performance*
- *Increase sales*
- *Fix toxic and punishing language*
- *Avoid conflict, power struggles and miscommunications*

Put WordFood to work in your organization today!



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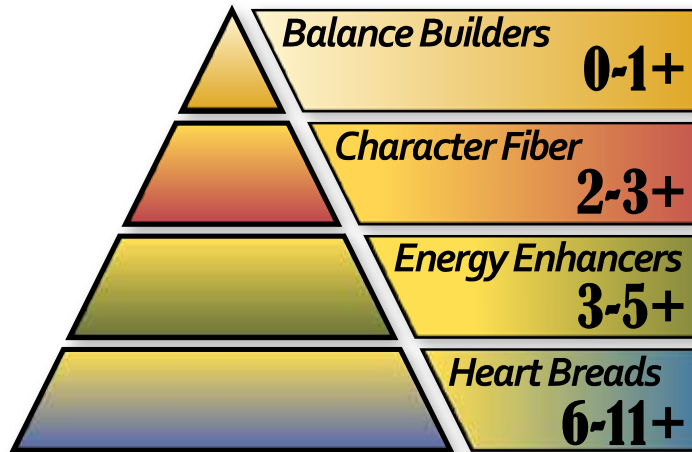
www.WordFood.com



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**"WordFood is an effective tool for maximizing the performance of any team."
— Frank Sanders Director of Sourcing, Intel Corporation**

The WordFood Pyramid



WordFood is based on the Four WordFood Groups. They are Heartbreads, Energy Enhancers, Character Fiber and Balance Builders. Each WordFood Group provides essential "nutrients" that others need from us to thrive in relationships.

We need servings of each of these critical food groups every day to build healthy relationships. Find out more today!

**"Julia is an expert on relationship development."
— Greg Taylor, Managing Director, G.F. Ross and Company**

Add your business to her client list:

- ExxonMobil
- Chevron
- Sodexo
- Lockheed Martin
- Intel Corporation
- Intel Israel
- Intel Russia
- Intuit
- Bank of America
- Hewlett Packard
- Archer Daniels Midland
- Southern California Edison
- Dell Corporation
- Qwest
- Cardinal Health
- The US Navy
- L'Oreal
- Southwest Airlines
- MillerCoors
- Price Waterhouse Coopers

"She is a true professional, she takes her work very seriously, and she takes pleasure in doing an extraordinary job. She can make a difference!"

— Robert Oxley,
Past Executive Director, ISSFA



Julia Hubbel is a prize winning entrepreneur and journalist, author and entrepreneur. She has more than 30 years in training and organizational development in the high tech, aerospace, financial, legal, telecommunication and restaurant industries in the United States and globally. Her work is featured in the Wall Street Journal and other national publications. She is a WBENC- Certified company and a disabled, decorated Viet Nam era veteran.

Her new book WordFood: How We Feed or Starve Our Relationships is the next step in connecting and communicating. Her remarkable story is featured in the bestseller Networking Magic.



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