**The 2013 Throw-Down Contestants** (in alpha order)

*Actual order of presentations will be determined the night of the event*

**Helen Horyza MS, NCCC**

President, Scully Career Associates, Inc. and author of Elevations

[Helen@scullycareerassociates.com](mailto:Helen@scullycareerassociates.com)

[www.ScullyCareerAssociates.com](http://www.ScullyCareerAssociates.com)

Do you need a new technique for refocusing participants’ attention or bringing up the energy level of a group?  Helen will be presenting a unique and foolproof exercise she has used hundreds of times to rave reviews and some surprising side benefits for the trainer/presenter.

**Judy Isaman, MSOD**

Certified Human Capital Strategist

[jgisaman@aol.com](mailto:jgisaman@aol.com)

Do you ever wish you could push a button and get a group’s innovative juices flowing?  Judy will be presenting an innovation and multi-purpose exercise designed to get groups “beyond the norm”, “outside the box”, and demonstrate how to approach and solve problems differently.

**Jannene Litchfield, MBA, SPHR**  
Litchfield Human Resources Management Consulting

[jannene@litchfieldhrmanagement.com](mailto:jannene@litchfieldhrmanagement.com)

[www.litchfieldhrmanagement.com](http://www.litchfieldhrmanagement.com/)

Do you wish you had a foolproof way to get participants back from lunch and breaks on time every time?   Well, there’s an app for that!  Don’t turn your cell phone off when class starts….utilize it to facilitate fun engaging activities for your class throughout the day!  Jannene will demonstrate an innovative, energizing way to get your classes started on the right foot and keep your class engaged throughout the training, utilizing fun (and cost effective) technology literally in palm of your hand!

**Colin McKechnie**

Colin McKechnie and Associates

[funnicolin@aol.com](mailto:funnicolin@aol.com)

Do you do presentations or training programs for firms whose employees are stressed out due to budget problems, scarce resources, or other issues?  If so, Colin has the cure for you!  He promises to make you laugh like there is no tomorrow, as you learn some myths and truths about stress management.