

**To the introducer:** Thank you for agreeing to introduce this session. You set the tone for the meeting with your enthusiasm and by showing that the speaker has earned the right to speak to this group. This introduction was written to help make your job easier. Feel free to revise any words that don't sound natural to you. Thank you again!

---

## Introduction

Have you ever wanted to tell someone to stop their whining and get back to work?

Wouldn't it be nice if some people would just grow up?

Are you looking around the room right now and wondering ... "Oh no...is she going to talk about me?"

Well...good news. Our speaker today literally wrote the book on how to Stop Complainers and Energy Drainers. She is a former employment attorney, a TEDx speaker...AND a Certified Speaking Professional.

As a wife and mother of two, a business owner, and now a "recovering" attorney, she knows firsthand about negotiating drama at home, in the courtroom and in the board room.

It is my honor...our pleasure...to welcome Linda Swindling.