



Available Presentations & Workshops

1. Throw Away Your New Year's Resolutions & Set Goals that Work!

What's the difference between those folks who achieve their goals and those who don't? How come most of us end up setting the same New Year's Resolution year after year? Have a big goal to achieve but don't know where to begin?

In this fast-paced and interactive session, we cover the answers to all those questions and more! Learn:

- Why "New Year's Resolution style" goals rarely work
- Characteristics of good goals
- How to make goals truly motivating
- Common barriers to success & tips to avoid them
- A framework to make goal planning easier

Along the way, you'll also get into action by using the process you've learned to start moving forward on one of your very own goals!

2. Speak From the Peak! Tips & Tools for More Powerful Presentations

If you need to speak publicly to enhance their career or build their business, this program is for you! You'll learn practical tips and techniques to conquer the FIVE most common public speaking obstacles. We will:

- Identify the "gremlins" that drag you down
- Supply solutions to common public speaking errors
- Use your values to empower your speaking
- Provide exercises to polish your skills
- Release the natural speaker trapped inside you!

Whether you avoid public speaking, or just know you could be better, this program provides the tools you need to take your performance to the next level!



Available Presentations & Workshops

3. What's On Your Inner Play List? Change the Tune & Create Sales Success!

Our inner dialogue is often our biggest sales obstacle! Whether you call it a Gremlin, Saboteur, Limiting Belief or Inner Critic, the net result is the same: You stay stuck and unable to complete the actions that will improve your sales results. We'll help you:

- Identify the self talk that drags you down
- Learn the top 5 ways to change your "inner play list"
- Create the kind of self talk that leads to sales success

Stop dreading sales! You'll see how the tool of coaching can be used on an audience member's REAL sales challenge to create action & lasting change

4. Finding Fulfillment in an Hour or Less!

This fun, interactive and quick-moving program shows how fulfillment is possible for everyone, right here and right now! In fact, there are only 3 "simple" steps:

1. Identify your values
2. Incorporate them into your daily life – which doesn't necessarily mean running away to join the Peace Corp!
3. Manage all the forces that don't want you to live this way – the REAL challenge!!

Bottom line: to be fulfilled we must identify those things that truly satisfy us and the values that truly motivate us. We will guide you through a series of exercises that do just that. We'll also provide ideas for incorporating what fulfills us into our daily lives right now.

Available Presentations & Workshops

5. Maximize your Energy, Enhance your Life!

Want more energy in your life? Have big goals to achieve? Need more time to do what YOU really want to do? The first step to achieving all this and more is to utilize Extreme Self Care to maximize your energy and your time!

The key word here is Extreme! Obviously, most of us believe that self-care is a good idea. Yet self-care can be difficult to practice until you learn to make comprehensive and radical changes in how you approach it. Learn how to energize your life by taking Extremely good care of yourself – without being “selfish”!

We'll cover the 12 Keys to Extreme Self Care, techniques that eliminate energy-drainers from your life while maximizing your personal sources of energy and support. The 12 Keys encompass:

- Stress Elimination
- Environment
- Relationships/Boundaries
- Emotional Well-Being
- Special Care Items
- Support/Nourishment
- Health/Wellness
- Sustainability/Reserves
- Daily Rituals

This session is very action oriented! You'll be asked to look at your life and develop your own plan to start maximizing your energy immediately!

In this session you will learn:

1. How to focus on things that provide you with energy & eliminate energy drainers
2. Why Extreme Self-Care should be a priority in your life (& why that's not “selfish”!!!)
3. How to set healthy boundaries
4. Creative tips for Extreme Self Care & how to make them work for you
5. Why reserves are important in all areas of your life
6. How to use the structure of the Extreme Self-Care Checklist & Progress Chart to keep you on track



Available Presentations & Workshops

6. Balance: Is it Possible?

Today everyone seems to be craving more “work/life balance”! What exactly is that? Who has it? What does it look like? Is it even possible?

This session will help you develop your own personal vision of balance and provide proven techniques to start creating more balance in your life today!

Key Areas Covered:

- The REAL definition of balance
- A “Balance Wheel” exercise to explore your satisfaction level in several key life areas
- How your perspectives influence your sense of balance
- Tips and techniques to create more balance in your life today

7. The Personal Fulfillment Program:

Ever think about your life and wonder if this is all there is? Do you really enjoy your days or do you live for the weekend? Are you waiting for “someday” or “something” before you’ll be able to be content? Does your job feel like just something to do until you figure out what you’re REALLY supposed to be when you grow up? If so, then this is the course for you!

Fulfillment is possible for everyone, right here and right now! The secret is to identify those things that truly satisfy you and the values that truly motivate you. These things are different for each one of us. This workshop uses a series of exercises and guided visualizations that will enable you to discover what’s true for you!

Key Areas Covered:

- The real definition of Fulfillment and how to personalize it just for you
- Fun visualizations to help you identify your true values
- A tool to explore how your values are currently expressed in your daily life
- The definition of “Gremlins” and how they keep you from Fulfillment in your life
- A “Future Self” visualization to help you discover where you’re going in life and to highlight the path to get there
- Creative visualizations to help you develop a personal “Life Purpose Statement” to keep you on track



Available Presentations & Workshops

8. Taking Care of YOU During a Job Search!

Looking for employment places many demands on your body, mind, heart and spirit. The more stress we're under, the more important self-care becomes. Yet the sad truth is, this is the area we usually sacrifice first! We'll show you how to maximize your search effectiveness using low cost techniques that help you focus on those things that provide energy while eliminating energy drainers. Learn how to do this by utilizing Extreme Self Care to maximize your energy!

This session is very action oriented! You'll be asked to look at your life and develop your own plan to start maximizing your energy and enhancing your job search!

In addition, in this session you will learn:

1. How to focus on things that provide you with energy & eliminate energy drainers
2. Ways in which Extreme Self-Care makes you more attractive to employers
3. Why Extreme Self-Care needs to be a priority during your job search (& why that's not "selfish"!!!)
4. Creative, low-cost tips for Extreme Self Care & how to make them work for you