



Empower Your Uniqueness To
Lead Your Story

Popular Topics and Objectives

Our Topics Can Be Tailored To Fit Different Session Lengths Based On Needs

- **Lecture Format (30-50 minutes)** An insightful overview of the core message, highlighting essential concepts and actionable takeaways for immediate use
- **Workshop Format (90-120 minutes)** A deep dive into the topic with interactive scenarios and activities designed to enhance understanding and real-world application

Empowering The ADHD Brain

Bridging the Gap with Diverse Supportive Environments in The Workplace

Leaders and employees gain knowledge of the ADHD brain and the crucial influence of the environment in creating supportive workplaces

1. Understanding the ADHD brain
2. Recognizing the influence of the environment and effectively communicating needs
3. Implementing diverse interventions that support individuals with ADHD
4. Addressing the limitations of One-Size-Fits-All organizational policies, procedures and facilities

Improve Wellness With Mental Fitness

Discover what's standing in the way of your peak performance and happiness, and learn how to build the mental muscle that gives top performers their edge.

1. The 10 most common ways we self-sabotage and which way is yours.
2. The neuroscience of happiness & peak performance and 10-second techniques to activate your "right" mind.
3. How you generate your own stress, and how you can generate peace of mind instead (even in the midst of great challenges).
4. The "Three Gifts Technique" and how to use it to convert failures and setbacks into gifts and opportunities.



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Energy Leadership: Transforming Your Workplace and Your Life from the Core

Uncover a clear path to awakening your potential, and Be a more effective and inspiring leader within your organization

1. The two types of energy and their impact on your life
 2. The Energetic Self-Perception Chart
 3. The 7 Levels of Energy and how they might be supporting or hindering your ability to create the ideal life you envision
 4. How to motivate yourself (and others!) to reach their full potential
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Realizing Resilience: A Positive Psychology Framework for Sustainable Strength

Resilience goes beyond bouncing back—it's about adapting, growing, and staying strong through challenges. This session introduces the Realizing Resilience Framework, a science-based approach by positive psychology, offering practical tools to build lasting resilience for yourself and others.

1. Discover how resilience acts as a gateway to improving overall well-being.
 2. Develop practical strategies to strengthen personal and professional resilience.
 3. Support others in bouncing back from challenges using evidence-based techniques.
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Emotional Intelligence in the Workplace

Emotional intelligence (EQ) shapes workplace success by strengthening communication, leadership, and teamwork. This session covers core EQ skills and practical strategies to boost self-awareness, manage emotions and improve professional relationships.

1. Understand the role of emotional intelligence and its impact in the workplace.
2. Explore the four core EQ skills: self-awareness, self-management, social awareness, and relationship management.
3. Develop actionable strategies to strengthen emotional intelligence and improve workplace interactions.