

Topics Selection & Modalities

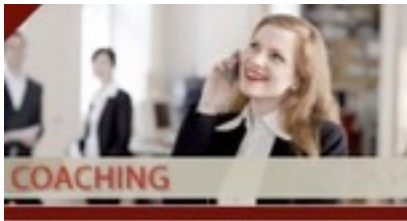
(happy to create something to meet your needs)



| Personal | Professional | Relationship |
|---|---|--|
| <p>Confidence Raise Self Esteem Change Self-defeating Pattern Confront Core Beliefs Paradigm Shift/New Possibility Healing Emotional Wounds Overcoming Fears, Obstacles & Limiting Beliefs</p> | <p>Public Speaking Building Confidence Building Your TED Talk: Develop Ideas, Outlines, Slides, Rehearsals, Performance Facilitate Meetings Share Ideas, Vision</p> | <p>Personal Relationships Creating Relationship Vision Understand Patterns The 3 C's That Make Relationships Work Avoid Who's Wrong/Know Who's Right Be Pro-Active & Unstoppable</p> |
| <p>Mindset Happiness - Paradigm Shifts Confronting Core Beliefs Overcoming Fears & Obstacles & Limiting Beliefs Acting in the Face of Fear</p> | <p>Leadership Living Your Best Life... Team Communication Diversity Training Communicate as Leaders</p> | <p>Conflict Resolution Dealing with Difficult People Assertiveness/Boundaries Giving/Receiving Feedback Triggered/Triggering Others</p> |
| <p>Goal Setting Creating your BIG Life Vision Follow Your Dream, Clarity Mapping Out Life Plans Accountability Recommitting to Goals Possibility focussed</p> | <p>Strategic Planning Appreciative Inquiry Goals Plans Into Action! Strategies for Success Workshop & Explore Ideas</p> | <p>Networking Powerful Introductions Marketing Yourself/Ideas The 30 second Pitch ASK for What You Want Connect and Follow-up</p> |
| <p>Communication Positive self talk Understanding Personal Triggers in Self & Others Challenge Self Defeating Ways Communication that Works Assertive and Set Boundaries Speak Up! Share Ideas</p> | <p>Mentoring Making the Most of the Mentoring Relationship ASK for What You Want Idea Sharing Approaching Potential Mentors Reciprocate Mentorship</p> | <p>Parenting Creating a Family Vision Backbone Parenting Calm/Assertive Same Page Parenting Coming to Consensus Still Suffering in the Sandbox? Our Stuff/Stories</p> |
| <p>Career Asking for What You Want Handling No's & Rejections Be Pro-Active & Unstoppable Resolve Workplace Challenges</p> | <p>Projects & People Manage and Leadership Create Safety Improve Communication Goal Set, Praise, Redirect Give & Receive Feedback</p> | <p>Team Building Creating a Cooperative Culture Vision, Mission & Goals Capitalize on Talent Develop Sensibilities Embrace Diversity</p> |

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| Private, Couple or Family Coaching | Team/Group Work Facilitation | Presentations Keynotes |
|---|---|--|
| One on Ones Couples Coaching Family Coaching | Seminars/Workshops Training the Trainer Webinars | Keynotes Orientations Kick-Offs Breakout Sections |
| Training Development Public Speaking Coach Leadership | Mastermind Groups Coaching Circles Strategic Plan Meetings | Host - Panel Moderator Ice-Breakers Culture Development |
| Private Mentorship Team Interviews Intervention | Empower ME Projects Team Development TED Talk Speaker Coach | Mentorship Program Lead Teaching Classes/Courses Retreats, PD Days Professional Development |