



**STANDARD  
PRESENTATION  
TOPICS**



## **HOW DOES IT WORK?**

- These topics can be delivered in 45-minute, 60-minute, 75-minute, and 90-minute formats. They can take the form of a keynote, presentation, training, or workshop. The longer sessions include breakout groups and/or work time for greater participation and integration of concepts.
- Two or more topics can be combined for longer sessions, or for half-day or full-day trainings. For shorter, more frequent contact, see our 15-minute Inspirational Power Sessions that are delivered via Zoom.
- All sessions include professionally-created engaging slides which you can elect to receive the PDF manual of for distribution to participants.
- Virtual sessions can be recorded for your company's internal usage. If we are hosting the Zoom session, we can record it and send you the link to download it.
- We offer sessions virtually, as well as in person for a higher fee. Please see the following page for our pricing table.




If you are interested in topics other than what you see, please let us know. We can also provide sessions such as Yoga at Your Desk, various disciplines of body movement and stretching, mind-body connection topics for stress reduction, etc. Please inquire.



## STANDARD PRESENTATION TOPICS

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### Adaptability and Change Management

- *Master the Many Facets of Change \**
- *How to Avoid Burnout \**
-  • *Build Antifragility: Grow Stronger Through Stress*
- *Transcend Work-Life Chaos \**
-  • *The Five Elements of Well-Being*
-  • *Master Your Zen by Navigating Conflict with Ease*

### Time and Productivity Management

- *From Time Stressed to Time Blessed \**
- *Increase Your Energy for Greater Productivity \**
- *Clear Your Clutter to Get Unstuck*
- *How to Overcome Procrastination*
- *Take Action Against Distraction*
- *Untangle Your Mind with a Brain Dump*

### People and Interaction Management

- *Reduce Irritation of Irritating People \**
- *Use the Power of Body Language*
- *Empower Truth and Trust in the Workplace*
-  • *Mastering Active Listening to Optimize Communication*
-  • *How to Navigate Conflict with Greater Ease*
-  • *Better Communication in the Age of AI*

### Mindset and Perspective Management

- *Thrive During These Shifting Times \**
- *Diminish Stress, Overwhelm and Worry \**
- *Mindfulness for Peace and Productivity \**
- *Reduce Negativity at Work and in Life*
- *Flourish with a Positive Mindset*

Note: Titles preceded with an *asterisk* denote most requested topics.



# ADAPTABILITY AND CHANGE MANAGEMENT

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## MASTER THE MANY FACETS OF CHANGE

Life is continually changing, now more than ever before. Change is hard, especially when we don't want it. Learn how successfully create change that you want, as well as manage change that is out of your control. Gain practical tools and a new mindset that will support you no matter what uncertainties you are going through. **This Presentation Covers:**

- *The four stages of change and why uncertainty is so hard.*
- *How to be successful in creating the change you want.*
- *Proven strategies to remain calm when change is out of your control.*
- *The mindset and habits necessary for adaptability.*

## HOW TO AVOID BURNOUT

It's not too late to inoculate yourself against current and future burnout by pro-actively integrating regenerative practices. If you feel as if you're operating like a robot going through the motions, and losing zest for life, you may be burning out. This session will offer clarity along with proven strategies for reversing burnout. **This Presentation Covers:**

- *The science, symptoms and signs behind burnout.*
- *The difference between burnout, stress, overwhelm and depression.*
- *The 3 dimensions of burnout and the 5 stages of burnout.*
- *How to regenerate your mindset, lifestyle and ultimately your spirit.*

## BUILD ANTIFRAGILITY: GROW STRONGER THROUGH STRESS

Life's pressures are inevitable. The key isn't only resilience—it's antifragility: getting stronger because of challenge. Learn to reframe stress and adopt daily practices that help you bounce forward, not just back. **This Presentation Covers:**

- *The difference between resilient and antifragile.*
- *The mindset shift that turns stress into performance energy.*
- *Micro-habits that build calm, clarity, and adaptability.*
- *Team norms that thrive under pressure with empathy, ownership, and trust.*



## ADAPTABILITY AND CHANGE MANAGEMENT

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### TRANSCEND WORK-LIFE CHAOS

Our relationship to the four pillars of our lives (work, home, community and Self) has been so profoundly impacted in recent years, that we can no longer use our old habits of operation and be effective. If you're tired, feel pulled in every which way, want more balance, or are experiencing a lack of productivity this will help. **This Presentation Covers:**

- *Exactly why you're so tired, drained and distracted.*
- *How to value, balance and protect your personal energy.*
- *How to be effective at work even when there's a "lack" of time.*
- *Multiple methods to lock in productivity and set new rules of operation.*

### THE FIVE ELEMENTS OF WELL-BEING

Life is a balancing act, and now more than ever, understanding how to care for ourselves holistically is essential. Self-care isn't just about rest—it's about embracing your strengths and nurturing areas where growth is needed. Discover how the five elements—Water, Wood, Fire, Earth, and Metal—hold the keys to emotional, mental, spiritual, physical, and social wellness. Learn how to create a life of balance and adaptability. **This Presentation Covers:**

- *The five elements and their connection to emotional, mental, spiritual, physical, and social wellness.*
- *How to manage emotions effectively and set boundaries without guilt.*
- *Proven strategies for adapting to change while maintaining a positive outlook.*
- *Practical approaches to fostering purpose and daily inspiration.*



# TIME AND PRODUCTIVITY MANAGEMENT

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## FROM TIME STRESSED TO TIME BLESSED

When we are time-stressed, we go through our days scattered, distracted, overwhelmed, and frustrated with not having enough time to get everything we want to do. It's time to change your relationship with time. Move towards time expansion by learning how to opt out of the negativity around time scarcity. **This Presentation Covers:**

- *The scientifically-proven way to expand your perception of time.*
- *How to opt out of a constantly overwhelmed mindset about time.*
- *The way to recognize your negative self-talk and upgrade your mindset.*
- *Making time work for you so well you become your most productive self.*

## INCREASE ENERGY FOR GREATER PRODUCTIVITY

Gain awareness of how you can operate at your best physically, emotionally, mentally, and spiritually by optimizing the four sources of energy you utilize daily. Learn how to replenish each "bucket" of energy so you can get more done in less time at a higher level of quality, and in a more sustainable way. **This Presentation Covers:**

- *Where energy comes from and how to manage yours.*
- *How to find where your greatest personal and professional energy drain is.*
- *Simple effective steps you can take to fill your energy reservoirs.*
- *The best way to start to get yourself on track so you don't burnout.*

## CLEAR YOUR CLUTTER TO GET UNSTUCK

Productivity, energy and flow can all be improved by taking the time to let go of that which is unused, unloved, unfinished and unorganized. Gain profound awareness of what your clutter means and how it affects your motivation. Create space for success, affluence, opportunities and creativity.

**This Presentation Covers:**

- *The energetic effects of clutter culmination.*
- *Why we cling to clutter and how to "break up" with your belongings effectively.*
- *Where to start clearing your clutter from.*
- *How to get started and be successful.*



# TIME AND PRODUCTIVITY MANAGEMENT

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## HOW TO OVERCOME PROCRASTINATION

If there's something you don't want to do, but "have" to do, you will tend to defer it if there is no deadline or consequence. Procrastination has this weird way of making us feel guilty and overwhelmed even while doing nothing. Learn why we procrastinate and gain simple, yet effective and proven ways to beat the drag, and get it done. **This Presentation Covers:**

- *How to overcome the emotional dread of procrastination.*
- *Understanding the non-procrastinator's brain.*
- *The seven triggers that make a task "procrastination worthy."*
- *The science of procrastination and the first rule to follow for success.*

## TAKE ACTION AGAINST DISTRACTION

Click. Swipe. Delete. 80% of us check our smartphone before we even get out of bed in the morning. The average worker gets interrupted 50-60 times per day, 80% of which are unimportant interruptions. Constant distractions not only leave us less productive, but also more stressed than ever. Multi-tasking mayhem has also robbed us of time.also robbed us of time.

**This Presentation Covers:**

- *Identifying your form of distraction for greater distraction targeting.*
- *The 3 categories of distractions with solutions for each.*
- *How to reclaim your focus in the office and at home.*
- *How to prioritize the day's demands with proven strategies.*

## UNTANGLE YOUR MIND WITH A BRAIN DUMP

We all have things to remember, projects to start, people to call, places to go, commitments we've made over time and more. Untended things in our head cause us to lose efficiency. When our minds are disorganized, the thoughts, ideas and stressors floating around makes thinking clearly and making decisions harder. **This Presentation Covers:**

- *A hands-on process that helps to clear the mind and calm thoughts.*
- *How to get everything from your head logged onto paper.*
- *A method to group and determine priorities for action.*
- *The best way to organize the data unloaded from your brain.*



# PEOPLE AND INTERACTION MANAGEMENT

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## REDUCE IRRITATION OF IRRITATING PEOPLE

It's easy to get irritated at others. Instead of seeing multiple visions of yourself shaking them senseless, learn to redirect that energy. Resolve co-worker and people annoyances and learn how to save your energy by channeling it away from noticing every little irritating thing towards more productive mind flow and workflow. **This Presentation Covers:**

- *The types of irritating people and why they are irritating.*
- *How to best interact with them to save your energy.*
- *How to internally resolve these relationship annoyances.*
- *How to shift your focus off of them and onto something positive.*

## USE THE POWER OF BODY LANGUAGE

The body doesn't know how lie. Using scientifically-proven body language interpretation to understand intentions and to open up engagement can be a distinct advantage in every situation. Learn how to interpret basic nonverbal communication from head to toe to give yourself the benefit of full understanding of every conversation you have. **This Presentation Covers:**

- *Body language fluency to improve nonverbal communication.*
- *How to project confidence, interest, and authority in your interactions.*
- *The way to gauge where another is coming from by their body language.*
- *Multiple tips on how to use this to your advantage.*

## EMPOWER TRUTH & TRUST IN THE WORKPLACE

Get ready to improve outcomes with clients, patients, colleagues, and customers by understanding what trust is. Learn how it can be broken, built, defined, and gained. Identify exactly why you trust some people, and not others. As well, learn how to read the basic body language when someone is out of truth. **This Presentation Covers:**

- *The five attributes that makes up the core of trust.*
- *How to build trust when trust is broken.*
- *How to trust is gained or lost in an instant, and what to do about it.*
- *How to become a human polygraph.*



## PEOPLE AND INTERACTION MANAGEMENT

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### MASTERING ACTIVE LISTENING TO OPTIMIZE COMMUNICATION

In a world full of distractions, authentic connection can feel elusive. Often, we believe we're listening—but are we truly present? This session dives into the art of listening, teaching you how to go beyond surface-level interactions to create meaningful relationships. By mastering active listening, you'll foster deeper understanding, empathy, and connection in both personal and professional settings.

**This Presentation Covers:**

- *A series of engaging listening exercises to hone your skills.*
- *Techniques for active listening that help you stay present and focused.*
- *How to make others feel truly heard, understood, and valued simply by how you listen.*

### HOW TO NAVIGATE CONFLICT WITH GREATER EASE

We've all been there—a moment when a person, situation, or circumstance pushes us to the edge of our patience. Perhaps it's a customer, a coworker, or even a close friend. You feel the urge to react, but you know there's a better way forward. This session provides actionable techniques, strategies, and mental models to help you shift from frustration to acceptance and handle conflict with calm and clarity. **This Presentation Covers:**

- *How to "pre-pave" situations to reduce the likelihood of conflict.*
- *Shifting expectations to minimize frustration and disappointment.*
- *Understanding the role of assumptions in fueling conflict.*
- *Strategies to identify and temper emotional triggers.*

### BETTER COMMUNICATION IN THE AGE OF AI

Learn how to stay connected, empathetic, and effective as technology transforms the way we work and relate at breakneck speeds. It's easier than ever to communicate—but harder than ever to truly connect. This session helps you bridge that gap by strengthening your ability to listen, empathize, and express yourself with clarity and care. **This Presentation Covers:**

- *The subtle ways technology erodes genuine connection—and how to rebuild it.*
- *Communication habits that create trust, clarity, and collaboration.*
- *How to blend emotional intelligence with digital communication tools.*
- *Practical strategies to stay calm, compassionate, and connected in the age of AI.*



# MINDSET AND PERSPECTIVE MANAGEMENT

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## THRIVE DURING THESE SHIFTING TIMES

No matter what is going on around us, it's what's going on inside our heads that determines our day-to-day experience. How does one think "positively" when life remains in flux? In this signature presentation, you are guided strategy-by-strategy on how to "lead" yourself from within, where it really counts. **This Presentation Covers:**

- *How to optimize the four sources of internal energy that you draw from.*
- *How to gain control of your thoughts and elicit a deep sense of calm.*
- *A proven way to mitigate daily emotional triggers.*
- *Strategies to change perspective to dissipate worry and stress.*

## DIMINISH STRESS, OVERWHELM AND WORRY

Stress is the inability to adapt to a changing environment. Overwhelm is something we feel when we've reached our limit. The future is more uncertain than ever, and worry can easily take over our minds. There are many ways to self-create more ease and gain relief from these uncomfortable emotional and physical tensions. **This Presentation Covers:**

- *How to reduce your stress even if uncertainty abounds.*
- *The power of training your mind to stay present.*
- *Proven strategies to take away overwhelm and worry immediately.*
- *How to take chaos and challenge and turn it into order.*

## MINDFULNESS FOR PEACE AND PRODUCTIVITY

Practicing mindfulness can mean the difference between a day of anxiety and stress-filled thoughts, and a day of feeling in control no matter what chaotic situation you are in. Learn the basics of mindfulness, and offer techniques to naturally incorporate mindfulness into your day. It doesn't take extra time, only extra awareness. **This Presentation Covers:**

- *What mindfulness is, and how it can help you in every area of life.*
- *Techniques to train your mind to focus more, and get distracted less.*
- *A few timed rounds of mindfulness practice.*
- *Specific ways to integrate mindfulness that takes no time out of your day.*



## MINDSET AND PERSPECTIVE MANAGEMENT

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### REDUCE NEGATIVITY AT WORK AND IN LIFE

How do you handle negativity in the workforce? In the community? In your family? Understand negativity, where it comes from and how to increase your benefit with a new bigger-picture perspective. Learn tangible tips and tools on how you can immediately reduce the effects of negativity in your life in a tangible way. **This Presentation Covers:**

- *Why negativity exists and how it relates to positivity.*
- *How to reduce negativity in all areas of your life.*
- *Why some people noticeably attract negativity more than others.*
- *The “right way” to be positive – most people do it wrong.*

### FLOURISH WITH A POSITIVE MINDSET

Studies show that a positive mindset not only attracts more opportunity and good fortune, it improves health, relationships, longevity and well-being. Proven mindset strategies can instantly change the reality of any challenge in your life. Rewire your brain to spot opportunity, and increase success.

**This Presentation Covers:**

- *The content of our mind and why we are so negative.*
- *How to change the reality of any given negative challenge.*
- *The right way to rewire your brain to automatically spot opportunity.*
- *How to cultivate a mindset that rewards you over time.*