



## Presentation Topics

Each presentation is tailored to the needs of the audience and can be customized into a live workshop or virtual session of your choosing.

Format Options:

- ✓ Standard keynote (1-2 hours)
- ✓ Workshop (break-out session or corporate workshop):
  - 60 minutes
  - 90 minutes
  - Half-day (4-5 hours)
  - Full day (6-8 hours)
- ✓ Virtual Session Options:
  - 60-minutes
  - 90-minutes
  - All live workshops have the option of a 30-minute follow-up virtual session at a later day for an additional cost

### **Life is About How You Handle Plan B: Successfully Moving Through Change**

Did you know that only 10% of people are currently in their childhood dream job? Why? Things change. Plan B (and sometimes Plan C, D, and E) take over. Change does not have to be scary, disappointing, or avoided...it can be embraced, sought after, and even a blessing. If you know how you (and even an entire organization) subconsciously respond to change, you can begin the process of making change work in your favor, even the unpredicted changes. Whether it is a personal change, professional change, or a wide-scale organizational change, learn how to thrive and be your best self during change.

Key Takeaways:

- Discover the mindsets that best support change and how to sustain them
- Practice self-awareness methods to help identify your own unique obstacles to embracing change
- Examine your own resiliency to change and the role your emotions play
- Learn new responses to change that are in alignment with being your best self

## **Show Me Who You Really Are: The Revealing Nature of Our Behaviors and How to Change Them**

We have all heard the Maya Angelou phrase, “When someone shows you who they are, believe them.” We tend to listen more with our eyes (watching behaviors) than with our ears (listening to words). Behaviors send powerful messages. They are the key to how we communicate with others and how others interpret who we are and our intentions. Why does it seem so hard to change our behaviors? Based on her research and book on how changing your thoughts and behaviors can change your life, Dr. Chris plunges into the new science of the brain (neuroplasticity), the mind/body connection, and role our past conditioning plays into how we behave.

Key Takeaways:

- Introduce the true power of our brain and thoughts over our behaviors and choices
- Discover what your behaviors are telling others about who you are
- Learn how to identify behaviors that are triggered from past events and how to reframe them
- Explore new ways of calming the mind and releasing the need to control an outcome

## **Use It or Lose It: The Influence Power Has in Our Lives**

We live in a society where power interplays are commonplace. Power isn’t just about having control over a person or situation – power is the energy, self-esteem, knowledge, and compassion we bring to every interaction we have in our lives. Power is wrapped up in our choices, behaviors, and thinking. Power is not what you think it is. Dr. Chris flips the idea of power on its head, revealing how you can master thoughts, emotions, and responses to the power-plays that show up in your life.

Key Takeaways:

- Discover how you identify with power and the areas in your life where you lose power and why
- Explore your self-esteem and the role it plays in your power struggles
- Learn to spot when you have lost your power and practices for calling it back
- Witness how power struggles and loss of power affect your physical health
- Takeaway an action plan for safeguarding yourself against losing power

## **Excuse Me...High School is Over: Where Women Fail (and Support) Each Other**

Female to female hostility has existed throughout the ages. Men call them “catfights” ... but to women they are simply a bad interaction with another woman. The #Metoo movement has shed light on unacceptable interactions between men and women. Now, it is time to address the “pink” elephant in the room...why on one hand, women walk to the edge of the earth and back for another woman, and then on the other hand, actively undermine and not support their female colleagues? Based upon her research on women at work and the interactions between the genders in the post-#Metoo era, Dr. Chris will dive into the uncharted (and sometimes controversial) waters of why women sometimes cannot “play nice.”

### **Key Takeaways:**

- Discover and understand why women sometimes fail to support each other
- Learn new mindset strategies to stay in the “support zone”
- Explore what triggers you to be a “mean girl” and learn how to flip the switch
- Discover the after-effects of #Metoo and what it means for women going forward
- Be inspired to “spend your privilege” and pay it forward