

1 Overcoming Leadership Stress Through Mindfulness

The importance of being present while having a positive and resilient mindset has never been as vital as it is in today's world of information overload, social media, and short attention spans. Cut through the challenges and learn how mindfulness can benefit you personally and create more opportunities for your productivity and business growth.

For all leaders, from aspiring through executive who need to perform in high stress or uncertain situations.



2 Everyday Mindfulness: From Chaos To Calm In A Crazy World

The stress of living today requires us to have stress reduction and focus techniques. Science has proven that mindfulness-based stress reduction is reducing health care costs and improving productivity and happiness. Mindfulness teaches you how to be fully present in each experience to become your best self. This session teaches you 7 applied mindfulness practices you can do at your desk, in your car, everywhere you go.

For leaders of all levels in need of inspiration and motivation to get through the most challenging days.



3 How To Increase Your Strength, Pride & Stamina As A Mindful Sales Professional

The stress of living as a sales professional today requires us to have focus and stress reduction techniques while selling. Look at your business mindset and the sales process in a different way. As a result of this session, you will make a commitment to be your most empowered and confident self while selling your unique product, or service.

For sales leaders (especially commissioned professionals and top producers) when you need to increase sales in a sustainable way.



4 Leadership Begins With Visionary Questions: How Inquiry Increases Your Innovation & Solutions

With all the changes in our lives and workplace, the need for a greater inquiry, and the opportunity to imagine the future, why are we not asking visionary questions? When you don't, much is left on the table and you have minimized your and others influence, leadership, curiosity, and change perspectives. Join us to discuss simple yet often not practiced, methods that lead to different types of questions. Notably, *visionary questions*.

For all leaders when you need to increase creativity, provide clarity, and innovation.



5 How to Create Authentic World-Class Customer Experiences

New experiences are created during every moment of every day around the world. The impact, results and overall outcome of these experiences are what drives the business strategies of successful organizations. During this high-energy, thought provoking session, you will discover Customer Experience (CX) trends in the global marketplace and key strategies designed to improve your customer's overall satisfaction.

For business leaders who need to develop the skills to strategically design authentic, world-class experiences for your current and future customers.



6 Ctrl + Alt + Believe: Reboot Your Organization For Success

At the 24/7/365 pace of life today do you feel your organization is spinning out of control? Do you ever wish rebooting your organization was as simple as hitting CTRL+Alt+Delete? In this session you learn simple strategies to build the future of your organization. You will walk away having experienced techniques to see, feel, and know your organization in a new way.

For all leaders when your organization needs to create transformation in people, processes and profits. (This session is customizable for both non-profit associations and for-profit corporations.)

