



SIGNATURE TOPICS



Past **Appearances**

Vatterott College
Business Management Course
Speaker

ITT Technical Institute,
Commencement Speaker

Power Network Conference,
Virtual Keynote

Spotlight Conference,
with Nikki Woods

Dallas TX, EPIC Conference
with Aprille Franks-Hunt, OKC

A Black and White Affair
Workshops

Authenticity is **The New Currency**

It's not necessary to put on a facade to appease others. And you don't have to show up in one setting dramatically different from who you are in another. Aren't you tired of playing charades with your life? Ditch the facade. Relax and learn to be comfortable in your skin. Let the real YOU shine through and attract the life and business relationships you desire.

Boost Your **Show Up Intelligence**

It's time to get real with what's killing relationships and the solution lies within. Let's talk about how you **Show Up** – in your relationships; personal or otherwise. The key is to understand and manage your emotional wants and needs. Learn to strengthen your Intelligence and show up with confidence and authentic.

Lead **Out Loud**

Work places are a diverse society – a melting pot of varying cultures, strengths and talent. Yet many leaders are oblivious to the uniqueness that each member brings to the organization. Optimize your effectiveness as a leader. Foster a thriving environment where creative input is valued and shared. Empower your teams to be actively engaged. Maximize their talent to increase productivity, efficiency and profitability.

Show Up, Not Out; 4 Keys to **Mastering Your Emotions**

Instead of hiding your emotions learn how to deal with them effectively. Emotional Intelligence equals empowerment. With the knowledge of how to identify your needs and push past fear, you will have a clearer picture of who you are and quickly align your life with action to achieve what you want. Build rapport and connectivity with others in a genuine way.

Master Your Influence- 5 Personal Strategies to Build **Rock-Solid Relationships**

Are you not making the kind of connections you want - personally or professionally? Wonder how to communicate authentically without over-sharing? Most of what you've been told about building relationships is Completely Wrong!! If you're an entrepreneur, leader or someone who wants to sharpen your relationship game, I'll share the strategies to master your influence!