



WORKSHOP SESSIONS

Let it Be Wild | Effective steps to Dreaming Big

In this workshop, I talk about letting your imagination go wild, but then taking a step back and planning in a way that allows you to dream without being overwhelmed by the bigger picture.

I cover:

- + Putting together a vision
- + Drafting a strategic plan
- + Taking the first steps: Live a fearless life

Adaptable Leadership

In this workshop, I focus on attributes of an effective leader and what this looks like in various contexts. I believe you need to be flexible and learn how to adapt per situation and follower.

I cover:

- + Definition of adaptability
- + Defining your environment and your followers
- + Leadership assessment is given & reviewed

Outcome:

- + Increase confidence in their vision
- + 3 practical steps of living a fearless life
- + Get an outline for creating a strategic plan

Outcome:

- + Understand their leadership strengths + weaknesses
- + Identifying various environments in which they will have to adapt

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Mompreneur | Finding the Balance in it all

In this workshop, I talk about what it looks like to be a mother and an entrepreneur. We all wear many hats and have many “titles” (mama, wife, boss lady, etc.), so where is the balance?

I cover:

- + Balance in family and work
- + Making time for yourself
- + Meditation and Reflection time

Let us DO GOOD. | Creating change in this world

In this workshop, I focus on how we can do good in our daily routine and life. Being “change in this world” can seem impossible, but there are very practical ways we can be change agents in our daily lives. Let us do good in this world, our community and our family.

I cover:

- + Passion pursuit: Where is your heart?
- + Practical steps to enact change within our communities
- + Creating Empowerment through give back partnerships

Outcome:

- + Identifying priorities in their life
- + Understanding what should be added or removed in their life in order to create balance

Outcome:

- + Defining their passion pursuit
- + Defining “give back”
- + Develop practical steps to incorporate “give back” partnerships