

KEY SPEAKING TOPICS

5 KEYS TO MOVING FORWARDS

1

STRESS MANAGEMENT

Stress management is one of the biggest problems facing modern business today. This topic explores what you need to know about stress, how it affects you physically and mentally and what you can do to reduce its impact in your life.

2

MINDFULNESS

Turning everything you think you know about mindfulness on its head, this topic explores what mindfulness really is, how you can take back control of your day and how you make mindfulness work for you in your own way.

3

RESILIENCE

You're told constantly that you need to be more resilient if you want to get ahead, but what is it and how can having it actually benefit you? Move past the over-used, under-utilised definitions and find the truth behind the power of resilience in fuelling your every day activities.

4

EMPOWERMENT FOR WOMEN

You live in the age of empowered women - but no one actually knows what that means. This topic explores what being empowered actually is, how to create your values to ensure your life is aligned and understanding your comfort zone and why it may be working against you.

5

WORK/LIFE BALANCE

You've been told it's vital, but it's been evasive so far. Explore this topic from a completely different point of view. Learn about the vital role your energy plays in achieving balance and the ways you can easily refuel your energy everyday.

ALL TOPICS ARE TAILORED FOR THE NEEDS OF EVERY ORGANISATION