

**The Stories We Tell: How to Rewrite Your Script and Change the Game:** We're all storytellers—especially when it comes to the stories we tell ourselves about our past, our present, and what's possible for our future. The problem? Sometimes those stories hold us back more than we realize. This session explores how to catch the unhelpful narratives playing on repeat, reframe your thinking, and start telling a version that fuels confidence, action, and impact. Because when you change the story, you change the ending.

**Leading Through Change with Confidence and Compassion:** Change is part of the deal—whether we're ready for it or not. The good news? How you lead through it makes all the difference. In this session, we'll dig into simple, practical ways to handle resistance, communicate with clarity, and keep your team grounded (and maybe even motivated) when things feel uncertain. It's all about leading with a little more confidence, a lot more compassion, and helping everyone come out stronger on the other side.

**Emotional Intelligence: Your Secret Superpower at Work (and in Life):** Whether you're leading a team, collaborating with peers, or just trying not to send that regrettable email, emotional intelligence is your secret weapon. We'll break down the key elements of EQ—what they are, why they matter, and how they help you navigate tough conversations, build better relationships, and keep your cool when things get messy.

**Managing Stress and Finding Balance During Hectic Times:** Let's face it—stress isn't going anywhere. But it doesn't have to run the show. In this session, we'll tackle what to do when everything feels urgent (hint: not everything is) and share practical ways to prioritize, set boundaries, and stay focused when the pressure's on. Gain simple tools to protect your energy *and* your sanity—because burnout is overrated.

**Leading Without Authority: Influence Beyond Titles:** Leadership isn't about hierarchy; it's about influence. You don't need a corner office or a big title to lead—you just need the right approach. This session is all about tapping into what really drives influence: relationships, trust, and solid communication. You'll learn how to inspire action, rally people around ideas, and make things happen... all without waiting for permission (or a promotion).

**Manage Your Mindset: Get Out of Your Own Way and Step into What's Possible:** Let's be honest—sometimes the biggest thing standing in our way is *us*. This session dives into how your thoughts shape your results (for better or worse) and how to spot those sneaky limiting beliefs that keep you stuck. Shift your perspective, reframe negativity, and start thinking in a way that actually works *for* you, not against you.

**Bouncing Back (and Forward): Building Resilience and Optimism:** Life's going to throw curveballs—no surprise there. The real magic is in how you handle them. This session is all about building the kind of resilience that helps you bounce back *and* the optimism that keeps you moving forward. We'll share practical ways to stay grounded when things get tough, shift your focus to what *is* working, and train your brain to see possibilities (even on the hard days).



**Leading Yourself First: How Self-Leadership Shapes Everything:** Great leadership starts within and here's the truth—how you lead yourself shows up everywhere. In this session, we'll dig into what it really means to model self-leadership, from managing your emotions to staying focused when things get messy. Because when you show up with intention, discipline, and a little grace, you don't just lead better—you make it easier for everyone around you to do the same.

**Psychological Safety Starts with You: The Leader's Role in Creating Safe Spaces:** It is important to create safe spaces because nobody does their best walking on eggshells. people don't speak up, share ideas, or take risks if they're worried about getting shut down. In this session, we'll talk about what it *really* takes to create psychological safety on your team (hint: it starts with you). We'll explore how shifting your approach to feedback, failure, and vulnerability builds trust, sparks innovation, and gets everyone leaning in instead of holding back.

**Thriving in Ambiguity: The Leadership Mindset for Uncertain Times:** Change is constant—but how you *think* about change defines your success. Uncertainty is often part of the job these days. The trick isn't avoiding it, but learning how to lead through it without losing your cool. This session dives into how to navigate all that grey area with confidence, keep your team grounded, and even find a little creativity in the chaos. Because waiting for things to be crystal clear? You'll be waiting a while.

