

Licensed Professional Counselor, Coach, and Certified Daring Way™ Facilitator

Options: 60-90 min Presentation • ½ -Day Workshop • 1-Day Intensive • 3-Day Intensive • 6-Week Program

Number of attendees: Open. Proposals are not determined by the number of participants, unless I am providing materials.

Delivery: In-person • Virtual • Presentation • Workshop • Keynote • Coaching

Included: Initial consultation • Customized presentation • All materials • Support contact through planning • Follow up

Cost: Please get in touch to discuss options that suit your needs and budget.

POPULAR TOPICS	DESCRIPTION
BRAVING Trust	High performance teams have a high trust quotient. Learn how to operationalize and develop trust.
Values	Live and work authentically, when your decisions align with your core values.
Emotional Intelligence	Recognize, understand, and manage emotions to unlock your potential, and that of others.
Goal Setting	Learn the method and mindset for effective goal setting, and achieving! Also, create vision boards!
Boundaries	Healthy boundaries allow a healthy yes in life by learning how to say no. True empowerment.
Stress & Anxiety Mgmt	Learn mental and physical skills to employ that allow for better functioning in stressful times
Self Care	Learn these productive skills, because they produce a healthier, balanced, productive person
Midlife Reconstruction	Avoid "the crisis" by adopting a new mindset and skills for the next incredible evolution

DARING WAY™ TOPICS	DESCRIPTION
Gifts of Imperfection™	Learn to let go of what people think and embrace who you are. Lessons include: <ul style="list-style-type: none"> • 10 Guideposts for Wholehearted Living • Tools for self care, balance, and authenticity • Resilience, gratitude, play, rest, faith, creativity, meaningful work, laughter
Daring Greatly™	Learn how to show up as "all in" in your life, and understand the obstacles to being courageous. <ul style="list-style-type: none"> • Clarifying values to live in alignment • Understanding the role of vulnerability in making genuine connections • Examining shame and building resilience to it.
Rising Strong™	Learn how to pick up after any failure, fall, or set back, and rewrite the ending to your own story. <ul style="list-style-type: none"> • Clarifying values to live in alignment • Reckoning with emotions and how we offload that hurt, to manage emotions better • Rumbling with vulnerability, shame, trust, grief, anxiety and criticism to avoid pit falls
Daring Leadership	Skills to develop brave leaders, and courageous, connected cultures <ul style="list-style-type: none"> • Clarifying values to live and work in alignment • Understand the role of vulnerability in leadership in order to cultivate connections • Operationalize trust by learning the skills to teach, model, and practice over time • Learning how to rise from setbacks and put daring leadership into practice

Once the fee is agreed upon and event is scheduled, one-half of the workshop fee is billed as a retainer to prepare for the event. The remainder of the workshop fee will be billed at the conclusion of the event. Although an event may be canceled with 2 weeks' notice, amounts paid are not refundable.