

Speaking Topics



WHAT MATTERS MOST

The recent financial crisis is a major source of stress, but with the right attitude, we can enjoy a different kind of wealth and create an extraordinary future. Take-aways:

- How to cope with all the excess worry.
- The importance of focusing on the things within our control: health, love, giving, simplicity.
- How to foster an attitude of gratitude and hope.

THE POWER OF A POSITIVE ATTITUDE: SEE THE RAINBOW, NOT THE RAIN!

It's not the circumstances of our crazy lives that determine our happiness, but how we deal with them. It's all about attitude, baby! Take-aways:

- How to end negative thinking.
- How to overcome adversity and stay positive.
- How to take responsibility for your own attitude, and create an extraordinary future.

FINDING YOUR PASSION: LIVING YOUR DREAM

Find the music that makes you dance, and then bust a move! YES, you CAN! Take-aways:

- How to identify your goals and dreams.
- How to find the time and motivation to pursue your passion.
- How to work through fear, take risks, and enjoy an exciting life!

LIVING LEAN: MOVE IT OR LOSE IT

We all know the "why" part of eating right and exercise. Here's how to build a do-able nutrition, fitness and activity plan to stay in the game (of life) longer and happier! Take-aways:

- How to focus on health and fitness, not weight loss.
- How to develop a work-week mind-set about activity.
- How to re-vamp bad exercise and eating habits for good.

AGING WITH ATTITUDE: SASS AND A CUTE ASS!

How to stay younger and healthier longer. The golden years really can be that way for you! Take-aways:

- How to develop positive expectations and a sense of humor about getting older.
- How to keep your body running at its best.
- How to spice up your life; You're not getting older, you're getting better.

VOLUNTEERING: THE IMPORTANCE OF GIVING BACK

Give your heart joy. Give your spirit a boost. Give your life fulfillment. Just give. Take-aways:

- The many ways you can get involved and give back.
- The physical and emotional benefits of volunteering.
- How making the world a better place makes you a better person.

CREATING BALANCE: FAMILY, CAREER, LIFE

How to juggle all those balls, and how to respond when you drop one... or two... or ten! Take-aways:

- Why positive thinking, organization, and routine are key.
- The best ways to handle change and upheaval.
- How to maintain inner harmony, peace and joy.

REINVENT, REMODEL, REFRAME, OR REFURBISH

Stuck in a rut? You don't necessarily need an extreme makeover. Step out of your comfort zone and make some little (or big!) changes to become the best "you" possible! Take-aways:

- How to figure out which areas of your life need tweaking, and which need a major overhaul.
- Put together a plan of action to make sure the change becomes permanent.
- How to track your progress and 'walk the walk' every day.

DEALING WITH GRIEF: SURVIVING, COPING, HEALING

Getting through tragedy and living with loss is a process. Grief is complicated. So how do you carry on? Take-aways:

- How to look at grief in a new way—It's not something you recover from.
- How to deal with unexpected emotions.
- How to let memories help you move on.

THE POWER OF THE ESTROGEN SQUAD

Sister, Mother, Aunt, Grandma, Girlfriend. The secret of successful aging and true happiness lies in our female friendships. Girl Power! Take-aways:

- How to harness the life-extending power of friendship.
- Why we need women in our lives (nurturing, gentleness, listening, comfort).
- When to hold a hand, and when to give a kick in the butt!

WHY YOU STRESS, AND HOW TO STOP

You know what stress looks like and what it comes with (weight gain, headaches, insomnia, etc.). Now it's time to update how you deal with it. Sit back and relax! Take-aways:

- How to identify the stressors in your life.
- What the mind-body connection really means, and how you can use the concept to improve your life.
- How to feel happier and more in control of your life.