

KEYNOTE & WORKSHOP PROGRAM DESCRIPTIONS 2022-2023

STOP & SHIFT

A Mental Exercise to Reset Your Mindset

We all know that life is full of ups and downs. And not only is it hard to stay positive when the pressures of work and life are so demanding, it's easy to get caught up in negative thoughts and emotions that swirl around in our minds. This can lead to poor decision-making and a general feeling of being out of control.

What if you could train your brain to respond thoughtfully with care? Spoiler alert: you can.

Stress and setbacks make it tough to keep your head in the game. When the pressure is on, you need a go-to tool that can help you rise to all of life's challenges.

Stop & Shift is that tool. This mental training technique provides a new map for your mind so that you can make decisions from a place of strength instead of stress. Audiences and teams will learn how to:

- Build resilience and use hardships as launching pads for growth.
- Create space from negative thoughts and emotions so they can approach challenges with confidence and make productive decisions from a place of composure and clarity.
- Cultivate joy, inner peace, grit, and other mindful behaviors to prevent burnout.

100% HUMAN

3 Guideposts for a Human-Centric Culture

You're probably familiar with the expression "people are your most important asset." But what does that mean in practice? How do you create a workplace that supports employees' well-being and growth?

100% Human is here to help. This keynote offers a roadmap for how to create a thriving workplace culture where your people flourish. Audiences and teams will learn how to build an environment where employees feel valued, supported, and excited to contribute to a mission bigger than themselves.

Learn how to...

- Cultivate a growth mindset to improve your communication, develop other members of your team, and build a culture of trust.
- Integrate wellness into your operating strategy without breaking the bank or sacrificing productivity.
- Empower your team so they feel valued as individuals and also deeply connected to the company mission.

For information on booking Karen for your next event, please contact:

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