



RACHEL KUHLEN

Keynote Overviews

AMPLIFY YOUR IMPACT: HARNESSING YOUR EMOTIONAL INTELLIGENCE SUPERPOWER

Across industries, professions, polls, and leadership articles, emotional intelligence is consistently among the Top 5 skills needed for an effective leader. Yet, it is also considered the hardest to develop. Or is it?

As organizations struggle to retain and develop leaders, creating a space where emerging and seasoned leaders can come together to learn, grow, and amplify their impact through improved self-awareness is vital. Emotional Intelligence is a superpower, and through developing our emotional intelligence, studies show individuals can increase their productivity, become more creative, more confident, better communicators, more promotable, build stronger relationships, and perform better at work. **This means increased engagement, higher productivity, and less turnover for your organization.**

Participants will leave this session excited to implement this powerful skill to amplify their personal and professional impact.

Learning Objectives:

- Discover the fundamentals of emotional intelligence and how to apply them successfully.
- Identify & shift patterns to increase engagement.
- Develop an action plan to incorporate new-found awareness into your day-to-day.
- Create accountability that sticks!

Who Benefits:

This keynote is designed for anyone interested in learning more about emotional intelligence. It is particularly relevant for people who want to improve their relationships, achieve their goals, and be more successful.



RACHEL KUHLEN

Keynote Overviews

PUT ME IN COACH: OWNING YOUR PROFESSIONAL DEVELOPMENT

In today's ever-changing workplace, it is more important than ever for professionals to take ownership of their own development.

By investing in yourself, you stay ahead of the curve, increase your chances of success, and are more productive in your current role allowing you to get ready for your future role. Developing new skills and knowledge increases your value and opens you up to opportunities that can help you to advance your career.

When you invest in yourself, you are sending a message to yourself and to others that you believe in yourself and your abilities.

When it comes to professional development:

- 70% of employers say that professional development is important for career advancement.
- 60% of employees say that they would stay with their current employer longer if given more opportunities for professional development.
- Employees participating in professional development are likelier to be engaged and productive at work.

Learning Objectives:

- Recognize and shift beliefs to create a career success mindset.
- Link three core values to career opportunities.
- Chart the action areas essential for career development to create their personalized career roadmap.
- Create three accountability action items to be completed within 90 days.

Who Benefits:

This keynote or workshop is designed for anyone interested in learning more about the key pieces of owning your development. It is particularly relevant for people who want to improve their professional or leadership development, achieve their goals, and be more successful.



RACHEL KUHLEN

NAVIGATING BURNOUT, RESILIENCY, AND WORK/LIFE BALANCE IN TODAY'S ENVIRONMENT

Session Description

In today's fast-paced and ever-changing world, it's more important than ever to be resilient. Burnout is a real problem that can affect anyone, and it's important to know how to recognize the signs and symptoms so that you can take steps to prevent it.

This session will explore the causes and symptoms of burnout, as well as strategies for building resiliency. Participants will learn how to identify the signs of burnout, set boundaries, and take care of their mental and emotional health so they can thrive personally and professionally.

Learning Objectives

- Recognize the early signs of burnout.
- Uncover the not-so-obvious reasons we allow burnout to happen.
- Discover the skills to build resilience and set boundaries that allow you to thrive.
- Create a personalized plan to navigate your work/life balance with success.

Who Benefits:

This session is for anyone feeling stressed, overwhelmed, or burned out. It is also for anyone who wants to learn how to build resilience and thrive in the face of stress.



RACHEL KUHLEN

TEAMWORK MAKES THE DREAM WORK: COLLABORATE, INNOVATE, SUCCEED.

Session Description

In this captivating keynote, we delve into the transformative potential of effective teamwork by exploring the key principles that lead to high-performing teams and examine how individuals can synergize their talents to achieve remarkable outcomes. Through engaging anecdotes, real-life examples, and cutting-edge research, this presentation empowers audiences to foster a culture of collaboration, embrace diversity, and leverage collective intelligence for success in both professional and personal realms. Discover the essential ingredients for building resilient, creative, and cohesive teams that not only achieve their goals but also inspire and uplift everyone involved.

Learning Objectives

- Understand the significance of effective teamwork in achieving extraordinary results.
- Explore the fundamental principles that underpin successful team dynamics.
- Learn strategies to foster a culture of open communication, trust, and mutual respect within teams.
- Discover the power of diversity and inclusion in enhancing team performance and innovation.

Who Benefits:

This session is for business leaders, managers, employees and teams. Gain insights into building and leading effective teams, improving productivity, and driving innovation through collaboration. Discover strategies to enhance personal contributions, work harmoniously with others, and thrive in a supportive team environment.
