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Keynote Topics

AMPLIFY YOUR IMPACT: EMOTIONAL INTELLIGENCE IN THE WORKPLACE

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

SAY WHAT?: COMMUNICATING WITH CONFIDENCE & EFFECTIVENESS

- Discover communication fundamentals
- Recognize the four negative communication patterns and what to do.
- Learn how to listen so people will talk and talk so people will listen.
- Practice the three critical elements to communicate clearly and concisely.

TEAMWORK MAKES THE DREAM WORK: BUILDING PRODUCTIVE & EFFECTIVE TEAMS

- Recognize the fundamentals of effective teams.
- Learn how to navigate different ways of thinking for success.
- Develop the skills for communicating effectively with team members.
- Embrace your differences to make it even further as a team.

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

- Recognize the signs of burnout.
- Uncover the not-so-obvious reasons you allow burnout to happen.
- Discover the skills and tactics to finding balance.
- Create a personalized plan to navigate your work/life balance with success.

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