

# Keynotes and Workshops

Our Keynotes and Workshops deliver content-rich presentations designed to engage, educate and inspire any audience. All keynotes and workshops can be catered to meet time requirements: 45-minutes, 1-hour, 2-hour or 4-hour.



## LEADERSHIP DEVELOPMENT:

- Dealing With Difficult People
- The Power of Your Brain
- The Science of Conversations
- Empowering Teams
- Relationships Over Results
- Navigating CHANGES
- The Myths of Work-Life Balance

## HEALTH:

- 5 Pillars of Health
- How Our Genes Make Us
- Hopeless Diets
- Weight Loss 101

## INTERPERSONAL SKILLS:

- Resiliency 101
- Avoiding Burnout
- The Complexity of Change
- The Power of Support
- Learn to Listen
- Do You Have Blind Spots?
- Understanding Mindset
- Wisdom of Our 6 Brains

## GENERATIONAL DIFFERENCES:

- Leading A Multi-Generational Workplace
- Millennials: Attract, Retain and Develop
- Generation Z: What's Next?
- Generational Diversity

*Sessions can be catered to meet your organization's needs.*



**LEAP Training & Coaching**

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