What You Can Expect

The following is intended to help you decide if the content and delivery style of my keynote or WOW keynotes and workshops are a good fit for you, your organization, and event.

Keynotes Offer:
✓ Inspiration and insights through upbeat stories, examples and humor
✓ Minimal, quick and fun audience participation
✓ Strategies to strengthen your resilience to adversity, change and set-backs
✓ Reasons why resilience is important and how we all have it
✓ Acknowledgement of who you are and what you do
✓ Three main messages:
  1. Do your best and let go the rest
  2. You're stronger than you think
  3. Take yourself lightly.

Workshops Offer:
✓ Discovery, insights and experiential awareness through interaction and optional personal and professional sharing
✓ An opportunity to create long term and sustainable change
✓ Time for self-discovery and heightened awareness of your resilient-ability and how you may have let adversity or challenge trip you up
✓ A chance to connect and work with others who have similar concerns
✓ Strategies to strengthen your resilience to adversity, change, and set-backs
✓ Time to put those strategies into a personal action plan
✓ A safe place to share what you think and feel.
✓ Acknowledgement of who you are and what you do
✓ Time for celebration, connection, rejuvenation, and fun

If you are ready to move forward or simply have a question, please contact me.

Here’s to your resilience, Patricia