



Speaking Topics Menu:

All topics can be customized to meet audience goals and timeframes.

Balance Schmalance -*Simple, Powerful Strategies for Achieving Work/Life Harmony*

We're busy, we're stressed, we're trying to squeeze more and more into our lives and we're exhausted. As business owners we wear multiple hats and juggling all of those roles only adds to the sense of overwhelm.

It makes sense that we would seek something that sounds as delicious as balance.

The problem is that balance is a precarious state. The slightest addition on either side tips the scales and sends us back into chaos.

Learn Wendy's proven three-step process for getting to (and maintaining) flow in all areas of your life. *And the best part – you won't have to add anything to your to-do list!*

The Most Important Thing You Can Do To Succeed In Business

-The secret to staying the course and hitting those BIG goals.

You're in business to achieve something – it's out there on your horizon and it's big.

So how do you know you're on the right path when the end goal is so far off? And how do you stay the course when unforeseen obstacles blur the way?

Long-term goals can seem overwhelming, but they don't have to be. In fact, you're probably working a lot harder (and worrying more) than you have to.

In this interactive session, you'll learn my five point REACH system for achieving and even surpassing your business end game. You'll also walk away with all the tools you need to start implementing today.

Hop Off the Hamster Wheel

- *Doing LESS to grow your business.*

You're in this business because you're good. You're up to the challenge – you're ready to win.

When you're in the zone, you're unstoppable.

Unfortunately it's really hard to stay there when there's always something or someone that needs your attention *right now*. Sound familiar?

Good News ...

A little neuroscience and a few simple strategies will give you the focus, clarity, time and cooperation you need– all with a lot less effort than you're putting in now.

In this session, Wendy will teach you:

- **Strategies that teach your brain to remain focused – even when things get hairy.**
- **Neuroscience-based steps that make multi-tasking possible and truly efficient.**
- **Three powerful (*and simple*) communications strategies to keep the people you work with focused on what you need from them.**

I Always Thought I'd *(make more money, write a book, retire early, etc...)*

-4 steps to get you **UNSTUCK and started TODAY.**

If there's more to you than meets the eye –if you're the best kept secret in your field – if you thought by now you would have *(fill in goal here)*...

Then, this is for just you.

It's not unusual to feel held back by:

- Not enough time.
- Stress around money.
- A hectic life that drains your energy and focus.

What would **you** do if:

- You had more time to innovate, get creative, really hone in on your best ideas?
- Money felt like less of an issue for you - if you had the freedom to act?
- You found the space and clarity to focus on the things that really matter to you?

Let's get you started.

In this action packed session you'll learn my signature four step MOVE system for unsticking yourself and getting even your biggest project underway.

Just What ARE You Saying?

-The Art & Science of Intentional Communication.

Are your communications landing as you intend...with your clients & colleagues?

Do you tend to be too bold ... or maybe too timid, because you want to avoid conflict?

Wendy will show you exactly how to deliver the message you intend to deliver, so the essence of what you say is received clearly and you can virtually eliminate any emotional charge or resistance. You become more confident and comfortable ... and the listener feels heard.

You will:

- Understand the various communication styles and the impact they have on how well you're received.
- Recognize and adapt to the style of others.
- Become more aware of alternative perspectives, which may be enhancing or detracting from the effectiveness of your message.
- Take away three strategies to give you confidence and agility in all your interactions.