



THE POWER OF YOU

Type of presentation- 60-minute keynote with interactive Q & A

Cost for services- \$3900 plus applicable expenses

Every one of us has been challenged by life at some point. Whether it be the overwhelming demands of managing personal and professional responsibilities, world events, trauma and loss, financial crisis, or fear of the unknown, no one gets away without experiencing struggle. These events trigger a need to “survive”, and it takes a toll on a person's mental, emotional, spiritual, and physical well-being.

In the Power of You keynote; you will learn how to take back your personal power to find more joy and fulfilment in life, even while navigating challenge and change. With the perfect blend of heart-warming stories and practical how-tos, you will learn how to own your power to positively impact your life and the lives of others.

THE KEY TEACHINGS OF THIS PRESENTATION:

- Leadership 101- Thoughts, Decisions, Actions
- LEAD yourself first- Keep your mental, emotional, physical, spiritual health well.
- Become empowered through responsibility- learn where your power lies.
- The power of choice- how to make an immediate and positive shift using the "magic" formula.
- Change the conversation- reframe the internal and external dialogue.
- The power of focus- how to harness your energy.
- Redefining leadership- the power of one is the power of you.



"Corliss was our Keynote Speaker on "The Power of You" for a two day, two city event for nearly 1000 managers. Corliss was a pleasure to work with - she is high energy, positive and quick to problem solve. She listens to understand and was able to integrate specific messaging our group required into her presentation which ensured fluidity in the day's events. The content in Corliss' presentation is applicable to a wide range of audiences from age, gender, culture and experience. Her ability to tie in personal stories which engage these diverse groups is her unique talent. I would highly recommend Corliss for your next corporate event!"

~ Michelle Schwartz