

Keynotes and seminars are customized to meet our clients' needs. Each presentation may be offered for an hour, half-day or full day. Keynote presentations are delivered within an hour.

Take Time for Your Spirit: Rejuvenate from Within

Most of us have been taught to expect too little from life, to scurry to meet our obligations and responsibilities, and to believe that that's just the way it is. We get lost in the shuffle and put ourselves in the proverbial box.

Deep inside we long to feel alive and excited about life. We want to express our truth, do what we love, and appreciate what we have.

This presentation will teach audiences how to rejuvenate from within by taking time for their spirit! They will learn how to re-ignite their divine spark, nurture their inner self, and spread their wings!

The Balancing Act: Have a Life and Live it Too!

Most of us automatically react to whatever shows up in our lives and forget that we have the power and right to shape our lives to meet our needs. Life lives us; instead of we live our lives!

Some of us get hung up trying to do it all, some of us get stuck trying to please others, and some of us get focused on just one thing. As a result, we often feel dependent, anxious, and stressed. We dream about someone coming to our rescue rather than picturing ourselves taking charge of our lives.

This presentation will help audiences develop their personal power, shape their lives around their vision and values, and balance their "acts". It will teach them how to put themselves in charge!

Manifest Your Dreams: You'll See It When You Believe It

Many of us are breaking free of the "victim mentality" and taking charge of our lives. We are developing our personal power and shaping our lives around our vision and values. And yet, we often feel discouraged and disappointed by the results.

Most of us get hung up feeling that we'll believe it when we see it. We assume that our dreams will become reality when we see the outside world change, rather than when **we** change. We forget that change happens from the inside out!

What we do begins with who we believe we are. This presentation teaches audiences how to manifest their dreams by reshaping reality from the **inside** out. It will help them align their beliefs with their heart and create results that surprise and delight them!