

Popular 1 Hour Presentation Topics

1. Overcoming Stress

- The role of the mind in stress
- Distinguishing stress from pressure
- Common causes of stress
- Tools for building resilience and reducing stress

2. The River of Resilience

- The difference stages of brownout and burnout
- Three key areas that reduce enthusiasm
- Understanding your emotional allergies
- Gaining ownership of all you do
- Keeping replenished

3. Managing Anxiety in Uncertain Times

- The effects of change and uncertainty
- The role of anxiety
- Contributing causes of anxiety
- Keys for reducing anxiety

4. Being Proactive

- Five key proactive habits
- Regaining your power
- Growing your coach mindset
- Stop shoulding on yourself
- Engage, don't avoid
- Be wholehearted in your agreements

5. Mindsets & The Power of Perspective

- The power of what you believe
- Limiting beliefs versus empowering beliefs
- Capturing your thoughts
- Changing your mindset
- Growing grit

6. Conflict Resolution

- Four key steps to resolving conflict well
- Boundaries – clarifying your responsibility and theirs
- Knowing your need under your preference
- Avoiding triangulation
- Communicating constructively

7. Constructive Communication

- Becoming responsive not reactive
- Different communication frameworks
- Communication pitfalls
- Simple negotiation skills for maintaining wellbeing

8. Gentle Assertiveness

- What assertiveness is and is not
- The importance of trust
- Common pitfalls in communication
- Courageous conversations
- Boundaries with difficult people

9. The secret sauce of flourishing organisations

- The Losada Ratio
- The power of the positive
- The skill of perspective taking
- Creating healthy work environments

10. Knowing your “why”- finding your fit

- The power of passion matching role
- Connecting to the “why” behind your “what”
- Dreaming up the impact you want to leave
- Living out of your sweet-spot

