

MOST REQUESTED WORKSHOPS



MICROPHONES DON'T BITE: And Other Tips for Effective Communication

How many times have you seen someone pick up a microphone only to ask the group "can everyone hear me without this?!" and put the mic down? We've all seen it. We may have even done it. And guess what - they just broke the number one rule of microphones.

Whether it's presentations at work, acceptance speeches, toasts at parties, leading meetings, or telling a story to a table full of dinner guests, we all speak to groups. Let's explore some of the "rules" of communicating effectively to a group. And there's some practical tools - like understanding the anatomy of a microphone or harnessing the power of the pause - which can level up your communication skills.

Learn some interesting and useful tips for addressing groups from a national speaker and facilitator! Get ready to engage, and rethink what you know about the logistics and practice of verbal communication, and find out about that number one rule of microphones!

SUPPORT IS A VERB

We all have a support system in our lives, and, hopefully, we are part of others' support systems as well! But do you know the difference between a Supporter and a Cheerleader? Which one are you?

In this session we will explore this concept, reframe what support looks like in practice, and actually take action to support local businesses, friends, family, non profits, organizations, or projects we value. This is a participation- and discussion-based presentation, so get ready to flex your support muscles, share, and take some action!

CONFLICT MANAGEMENT STYLES: What's Your Conflict Animal?



Did you even think you could have fun talking about managing conflict?? This behavior assessment and workshop reframes the very concept of conflict.

Find out if you are a Turtle, Fox, Owl, Shark, or Teddy Bear! Let's learn about our innate conflict management style and its corresponding animal, and how teams can work together and communicate more efficiently through all types of conflict.

Bonus: This session involves stuffed animals. You know you love it.

ALL ABOARD THE HOT MESS EXPRESS: Practical Lessons in Communication, Professionalism, & Bold Leadership



"Professionalism" is a pretty broad term. And we won't attempt to tackle it entirely, but instead focus on a few specific, practical points. Do you know the anatomy of a good handshake or hug? Do you know the #1 rule of microphones?

This session dismantles some common "professional" tropes and philosophies, while reframing others into useful - and maybe even FUN - tactics for leveling up your interactions and mindset. Get ready to learn about bold communication choices, Courageous Leadership, the art of good handshakes and hugs, and more practical tools we can use in everyday leadership.

DEFINING YOUR VALUES

I have a challenge for you. Are you up for it? It's a pretty simple task, but it may rock you to your core. So buckle up, Buttercup, we are about to define our Values.

We all give a crap about stuff. But we can't give a crap about everything. So we choose. We choose what we value, what we prioritize. Those values can actually help us lead a better, healthier, more fulfilled life. And isn't that what everyone is out here trying to do anyway?!

This is not a sit-and-listen presentation, so come ready to dive deep and have some fun with Values!

TEAMBUILDERS AND ICEBREAKERS: How Can We Make Them Suck Less?

Icebreakers and Teambuilders - from "the human knot" to sharing fun facts based on skittles colors, they start off organizational trainings and entertain us at baby showers, we all do them all the time... but do we really know why? What is their actual purpose?

Let's explore the original goals of these activities, many of which have become over-simplified or trite, and how we can utilize them better. If we learn the basis upon which icebreakers and teambuilders are built we can actually create meaningful connections between team members rather than doing an activity for the sake of an activity! These activities can have real value! Let's break the ice and build our teams better!

MOST REQUESTED WORKSHOPS



TRUE COLORS: A Personality Typology for Success in Communication, Business, Relationships, and Beyond



Let's state the obvious: everyone has a unique vibe and communicates differently.

"Different" isn't bad - actually it's wonderful and necessary! - but inherent differences in the way each of us interfaces with the world can lead to miscommunication and conflict. That means working together as a team, family, campus, or staff will be challenging at some point!

True Colors helps individuals understand not only our own strengths and challenges, but also those of our teammates. This is a time-tested, research-based, user-friendly temperament and personality typing program that addresses communication, learning, conflict, teambuilding, diversity & inclusion, and collaboration.

Are you ready to deepen your understanding of your innate characteristics?
Do you want to create better human connection?
Are you ready to actually HAVE FUN while learning about yourself and your team?

Then get ready to let your True Colors shine and find out what it means to be a Green, Blue, Orange, or Gold!

COURAGEOUS LEADERSHIP:

Do you need a formal title or position to be a leader?
Can we lead from within a team?
In this session we will use the Courageous Leadership model to understand and embrace our role as leaders no matter our role.

This is a hands-on session where we will share, reflect, and hone our leadership skills to show up with courage and act with confidence. Get ready to level up as we learn practical tools ready to use immediately in professional setting and our personal lives.



CONFIDENCE & BOLD PRESENCE: Lessons from an International Speaker and Pageant Queen

This high-energy, high-impact session is the ultimate training tool for confidence-building and showing up as your best self.

Backed by research and 20+ years of experience, Karli shares her best tips and tricks for public speaking, taking up space, moving with grace, and the mindset shift needed to cultivate self-assurance.

You'll even get the highlights from Karli's viral TikTok video series - tips for posing in pictures!

CUSTOMIZE YOUR WORKSHOP!

Included in Price

- Initial Consultation
- Pre-Workshop Design Call(s)
- Customization of Presentation
- All Materials Needed
- Follow Up Consultation

Delivery Types

Virtual or In-Person
Keynote Presentation

Attendees

6+ attendees
(For less than 6 attendees consider Small Group Coaching)

Workshop Coaching

Length

1-2 hours per session
Single Session
Half-Day
Full-Day
Multi-Day

Prices Starting at \$3,000

