

- **Oops I Did It Again! Overcoming Work Burnout with Resilience:** In this keynote speech, Crawford captivates and engages as she discusses how to lead your work and life with resilience. Self-leadership, self-compassion and REST are things that we typically don't discuss while creating our best lives. Her focus highlights tangible takeaways on how to build sustainable work/life harmony without losing yourself in the process in 4 easy steps. She explores how to identify the warning signs of work burnout, understand the value of self-care and self-compassion, learn resilience building tools that will help you work smarter not harder while increasing your visibility, and identify the role health and wellness plays in creating a strong personal brand. By sharing her story, she discusses how she is still able to create a successful leadership development practice and increase her work/life harmony after experiencing work burnout for the second time in her life- during a pandemic! Crawford's talk is fabulous foundation for any leadership or employee engagement event, creating a call to action to RISE to the next level of work/life harmony with resilience!
- **How to RISE in Mentorship:** What are the most important areas of investment in our people & ourselves as we become better leaders and what role can mentoring play? This presentation answers these questions in an engaging and educational way. We'll discuss a four-step process to create lasting professional development success as a mentee and mentor.
- **Out of Sight but Not Out of Mind: How to Increase Your Visibility While Working Remotely:** How do you create opportunities to gain visibility and keep your brand and your efforts top of mind while working remotely? How do you stand out and carve a career path that may be unconventional? This presentation answers those questions and more. We'll discuss the importance of Owning your Career and the value of visibility whether you're working for someone else or for yourself. We'll discuss how to be your whole authentic self while standing out in a good way. Finally, we'll discuss the decision-making process to identify visibility projects and share creative best practices to make yourself more visible even when you're not in the office.
- **Leading Winning Teams Remotely:** Leading a team is an overall challenge. Leading a team with remote members is an even larger challenge. You have to focus on managing business needs, meeting and exceeding goals and keep all team members motivated and engaged. This course explores what's needed to create a work atmosphere that reaches all members of your team no matter where they are located.
- **Breaking Balance-How to Improve Work/Life Harmony:** Burnout and pushing yourself to edge can really take your life and career in totally different direction. This course shows learners how to be an effective authentic leader at their company/organization and in life.
- **"How To RISE And Shine Above It All":** In this keynote speech, Crawford captivates and engages as she discusses the impacts and positive outcomes of work burnout. She explores relevant women's issues and focuses on self-acceptance and self-care. She explains why stepping into your power as a woman is imperative for career and life success. Her focus

highlights the importance that putting yourself first is not only a selfless act but a necessity in living a courageous and fulfilled life. By sharing her story, she discusses how adversity is the fuel of empowerment. Crawford infuses education and entertainment while sharing models and concepts women can put immediately into practice to lead the lives they are destined to live. Crawford's talk is a fabulous foundation for any women's leadership or empowerment event, creating a call to action to RISE to another level of leadership.

- **How to RISE and Thrive in Times of Change:** How do you embrace change in your world and keep you and your team productive? In this age of Volatility, Uncertainty, Complexity and Ambiguity (VUCA) how will you manage in times of change. Participants will learn why change is so challenging, a critical thinking tool to effectively communicate the change and useful best practices to manage through the changes to increase productivity.
- **How to RISE and Shine with Effective Time Management:** There never seems to be enough time in the day to get things done, right?! Often times you may feel like you can't even get things that *must* get done because of competing demands from work, family and life. But you *can* gain control and get time to work for you. This workshop shares four practical steps to RISE© and shine with time management success.
- **How to RISE and Bridge the Gap:** The Training Associates report that more than 80 percent of US employers believe that workers aged 50 and more are "a valuable resource for training and mentoring" and "an important source of institutional knowledge." During this web event, attendees will understand the generational landscape and how they fit into a diverse workplace, learn the importance of developing a "beginner's mindset" and learn how to leverage their skills to RISE and thrive in the workplace.
- **How to Campaign for Your Career:** This course discusses steps on how to effectively drive your career so that you stand out in good way. We cover what to do once goals are set and what you can do to keep the momentum going and share several tips on improving your visibility and professional brand. We'll also cover the importance of networking, how to rebound from setbacks, the value showing up and the art of upward coaching. What participants will learn in this course: Understand how to create a career goal and strategize a plan of action, learn effective networking skills to gain visibility, discover how resilience plays a part in career growth, and find creative ways to promote your professional brand.
- **Feedback: How to Dish it and Take It- Tips on how to give and receive feedback:** In this course, I share tips on how to receive and give effective Feedback conversations with upper leadership and/or team members. Having an effective feedback/developmental conversation is needed to help promote a two-way relationship and foster clear communication. You will learn techniques where you can still use your voice and stand tall in your value as a leader.
- **Fix Your Face- Tips on how to give and receive feedback as a Woman of Color:** In this course I share tips of Fixing Your Face when having Feedback conversations with leadership and/or team members. Having an effective feedback/developmental conversation is needed to help

promote a two-way relationship and foster clear communication. You will learn techniques where you can still use your voice and stand tall in your value as a female leader of color.

- **RISE: 4 Steps to Creating Your Personal Brand & Increasing Your Visibility:** How do you create opportunities for yourselves to gain visibility to grab attention to keep yourself and keep yourself top of mind. How do you stand out and carve a career path that may be unconventional? This course discusses the importance of Owning your Career and value of Mentorship/Sponsorship. How to be your whole authentic self and making yourself stand out in a good way. What participants will learn in this course: Understand why your visibility at work important, discuss the decision-making process to identify visibility projects and learn best practices to make you more visible at work.
- **Like a Boss: Effective Communication Skills, Executive Presence:** Executive presence is a mixture of personality, skill and emotional intelligence, when combined, provide all of the right signals. Leaders know they need executive presence to drive results, develop others and grow their careers. This course discusses how to be your whole self by communicating effectively and not missing out on career growth. What participants will learn in this course: Discuss the components of executive presence, understand effective communication skills, identify how your external brand plays a part in your executive presence, and discover how Emotional Intelligence will increase executive presence and communication.
- **What's EQ Got to Do With It?** Participants will learn how Emotional Intelligence isn't just a buzz word to understand but a key skill to strengthen if they want to improve their leadership style and productivity. Through engaging lecture and self -assessment, participants will learn the different elements of Emotional Intelligence, how to strengthen each element through practice and understand its greater impact to career and personal success.
- **Speak UP: Effective Negotiation Skills to Raise Your Voice and Your Value:** As you drive your career, you'll need strategies to speak up and show your value. By attending this course, you will learn: The reasons behind why negotiating can be so challenging, how to identify the right timing for negotiation, how to successfully prepare for a negotiation conversation and effective negotiation skills and techniques to create a better negotiation experience for both parties.
- **Speak UP II: Effective Negotiation Skills to Raise Your Voice and Your Value in Performance Evaluations:** As you drive your career, you'll need strategies to speak up and show your value especially when it comes to evaluating your performance on a regular basis. By attending this course, you will learn: The reasons behind why negotiating can be so challenging, how to identify the right timing for negotiation during performance evaluations and career development discussions, how to successfully prepare for a negotiation conversation and effective negotiation skills and techniques to create a better negotiation experience for both parties.
- **BOUNCING FORWARD: How to RISE© and Reframe Your Life With Resilience:** Resiliency is a key leadership skillset to not only manage your career but your life. It's the ability to transform

challenge into opportunity. When done effectively, one can manage setbacks quickly and minimize the physical and mental cost. This course focuses on the role resiliency plays in your personal and professional life, measures how resilient you are and provides useful tools to effectively manage instances where you'll need to bounce back quickly. (A mindfulness module can be added to this workshop to make it 2 hrs.)

- **You Got The Right Stuff: Interviewing Skills and Resume Tips:** You've been searching for the right job for months and you've finally gotten the invitation for an interview! Are you prepared? Discover the benefits of proactive interview preparation and learn actionable tips and techniques to wow your next employer.
- **Selecting Your Squad: Interviewing Skills for the Hiring Manager:** How do you select the most qualified person for the open position you have? What are the best questions to ask to ensure you've selected the best candidate? This course explains the best steps on how to create your dream employee wish list, prepare, properly interview and ultimately select the best employee for your team.
- **How to Be A Goal Digger:** We set goals to drive results, improve our lives and keep us focused. Goal setting also helps transform our ideas into action. According to Forbes Magazine, 92% of people fail to reach their goals. What a dismal statistic! In this course, we'll discuss creative goal setting techniques used to motivate and develop productivity in your personal and professional life. Participants walk away with a tangible actionable plan to reach their goals.
- **Taking Flight with DISC*:** This high energy training program makes self-awareness simple and intuitive, enabling people to easily remember the styles and apply new skills. The result is that participants are able to flex their style to communicate more effectively and respectfully with the people in their lives. The *Taking Flight with DISC* training program is based on the tried-and-true DISC personality styles model as represented by Eagles (the Dominant D style), Parrots (the Interactive I style), Doves (the Supportive S style), and Owls (the Conscientious C style). Prior to the training program, participants complete the online Taking Flight with DISC Profile. The personalized report is distributed in the session and will help individuals understand their natural tendencies, needs, strengths and potential blind spots. The report offers powerful insights into dealing with other styles and how people can better manage through potentially difficult situations. (**this course has specific licensing, printing and assessment fees-please request a proposal for estimate*)