

Keynotes and Presentations

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Most Requested Presentations

Momentum Leadership: How to Increase Momentum by Capitalizing on Hidden Opportunities

Today's leaders are challenged to continually solve new problems. But they must also implement the creative solutions they conceive. By increasing and sustaining their leadership momentum, they can succeed at both.

Learn how to:

- Broaden your knowledge base to help you recognize opportunities when they arise
- Evaluate and improve your skill set
- Facilitate the implementation process with etiquette
- Create positive outcomes by “failing forward” to success

The Nurse's Etiquette Advantage: How Professional Etiquette Can Advance Your Nursing Career

While nursing education has focused on leadership, management, and professional issues, etiquette has been the “missing link” for success in the workplace. This fun and entertaining session will prepare you to handle awkward and challenging situations that could diminish your confidence, tarnish your reputation, and derail your career aspirations

Learn how to:

- Appropriately use email, voice mail, and cell phones for professional communications
- Avoid the key blunders which kill professional interactions before they start
- Maintain professionalism in networking and after hours functions
- Confidently handle yourself in any dining situation
- Increase your confidence and comfort during business travel in the U.S. and abroad

Balancing Your Life by Managing Your Time: How to Use Your Time Best ... Every Moment ... Every Day

Today's high achieving individuals feel increased demands on their life, both socially and professionally. They increase the risk of living an “out of balance” life, stressing their health, and making them feel overwhelmed. By being more intentional about our time, we can increase both our productivity and sense of well-being.

Learn how to:

- Plan a balanced, productive, joyful life
- Create opportunities for balance by deciding what you won't do
- Manage procrastination by building momentum
- Create time for the “signature” tasks
- Use “accountability colleagues” to stay on task

Other Popular Presentations

Leadership/ Inspiration/ Motivation

The Pursuit of Happiness: Generating Momentum to Reach Personal and Professional Goals

“How do we get from where we are to where we want to be?” That is the most important question for leaders of today and tomorrow. This engaging and inspirational session answers this question through the practice of generating professional momentum and maximizing leadership opportunities. Participants will learn how to position themselves today for the position they want tomorrow.

Positioning for Success: How to Position Yourself Today for the Success You Want Tomorrow

Whether you define success as a publication, a project, a position, or a personal goal, the steps leading to success begin with where you are today. This inspirational presentation shows how to build a powerful base, develop a winning strategy, and fail forward to success.

Celebrating the Pride and Passion of Nursing

This uplifting program is designed to remind nurses why they chose nursing and to inspire them to face each day with passion and purpose. It will make nurses feel proud about who they are, what they do, and how they contribute to health care.

Presenting with Power & Pizzazz

Did you know that if your presentation skills are weak, you will probably appear less than competent even if you are a content expert? You will leave this fun and informative presentation knowing how to put power and pizzazz into your very next presentation. Highlights include tips for beginning, ending, transitioning, using stories, adding humor, and handling PowerPoint. You will be able to take your presentations up a notch by knowing how to handle questions and making nervousness work for you instead of against you.

Appreciative Inquiry: A New Approach to Change

The traditional problem-solving approach for change has been to focus on what is broken, analyze the problem, and find a solution to correct the problem. In contrast, Appreciative Inquiry is a change management model that begins by focusing on what works. This session will describe how focusing on memories and moments of success can be utilized to create a new energy for change. The benefits of Appreciative Inquiry can be applied in a multitude of practice settings.

Business/ Professional Etiquette

Leveling the Playing Field: The Etiquette Advantage

Are you projecting a professional, credible image and making the most out of business encounters? This session will help you get your behavior in expected order so that others can focus on the content of what you are saying rather than on the etiquette blunders you may be making. This entertaining and eye-opening program answers questions such as: What is the proper way to make an introduction? How can I improve my networking skills? What are common email mistakes to avoid? How do I handle the business meal?

Blunder-free Business Meals: A Guide to Dining Etiquette

When you think of essential business skills, knowing where to put your napkin when excusing yourself from the table may not come to mind. But, anyone seeking to expand career options would do well to brush up on dining etiquette. Many business discussions take place over meals. This fun and interactive session will provide you with the key tips to make the business meal work for you.

Secondhand Chat: Avoiding Etiquette Blunders with Cell Phone, Email, and Voice Mail

As communication technology becomes more portable and commonplace, issues concerning how, when, and where to use it escalate. This entertaining and eye-opening workshop answers questions such as: What are common email mistakes to avoid? How do I leave a proper voice mail? What are the rules of etiquette for using a cell phone?

Life Balance/ Fitness/ Stress

Feeling Stressed? There's Help!

For most of us, stress comes naturally. However, dealing with stress does not. We need to be proactive and take some action to effectively handle stress. This fun, interactive, and lively program provides tools and techniques for managing stress and creating a balance between your personal and professional life.

Life in the Fast Lane: Balancing Life and Work

This fun and lively program gives you the tools and techniques to effectively manage stress and create balance between your personal and professional life. You'll find ways to incorporate the consistency and commitment you need to balance your life. With some easy-to-follow techniques, you can create a lifestyle that emphasizes that balance isn't a *luxury*, but a *necessity* for achieving happiness and reaching your personal and professional goals.

Finding Time for Fitness

There is plenty of evidence to motivate people to become more active. However, there is a large chasm between knowing and doing. This fun and interactive presentation targets key time management principles so participants can make exercise a priority and find the time to do it. Participants will be able to develop an exercise plan that they can do daily and take on the road.

60 Tips in 60 Minutes for a Healthy and Balanced Life

This is a fun and lively program for those looking to improve their health and life balance. Tips address challenges in the areas of fitness, nutrition, and time management. This session is fast paced and full of great ideas.

Diagnostic and Laboratory Testing

Diagnostic and Laboratory Testing: Clinical Update

What's new in diagnostic and laboratory testing? Among the 22 books she has written, Kathy has co-authored the number one best-selling book on this topic (Mosby's Diagnostic and Lab Test Reference). Her books have sold more than one million copies and have been translated into French, Chinese, Korean, Spanish, and Portuguese. This presentation is on the cutting edge for clinical practitioners. It provides an update of the newest lab and diagnostic studies from a variety of clinical specialties.

Red Flag Lab Results: When to Sound the Alarm

This thought-provoking presentation will target and identify the most common red flag lab results that demand immediate professional attention. It will demonstrate how critical thinking and clinical judgment are used to determine appropriate nursing interventions.

No Nurse Left Behind Series:

Presentations Designed to Keep you Motivated and Up-to-Date as you Advance in your Career and Target Personal & Professional Goals

- Using Momentum to Maximize Your Leadership Potential
- Top Issues and Challenges in Nursing Today
- The Nurse's Etiquette Advantage: How Professional Etiquette Can Advance Your Nursing Career
- Building Bridges with Appreciative Inquiry
- Presenting with Power & Pizzazz
- Feeling Stressed? There's Help!
- Finding Time for Fitness
- Life in the Fast Lane: The Balancing Act for Nurses
- Red Flag Lab Results: When to Sound the Alarm
- Clinical Update: Lab and Diagnostic Testing