Speaking Solutions
Customized For You

KICK
Procrastination into Productivity

I See What You SAID

Get Started:
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KEYNOTE PROGRAMS

Uncover the Valuable Leader in You: 7 Steps to Greater Growth, Value and Influence

I'm sure you have read more than enough leadership books and taken enough courses that, well you could write a book on it. Yet, as a leader, you are faced with more challenges than anyone should have to shoulder. Leading in today’s environment, well, let’s just face it; it’s hard work. After all, being a leader is about leading people, influencing followers, achieving results and so much more. Leaders who value others gain greater growth, value and influence themselves. Whether you are a seasoned leader or an emerging one, you’ll be able to find your inspiration and energy to be the leader everyone wants to follow (not has to follow) – after all, am sure that’s really what leadership is all about. Learn the 7 easy steps to become The Valuable Leader!

Unmask Your Inner Communicator: A Birdseye View

Have you ever said something and thought, why did I say that? Everyone has and there is a reason for that – we don’t always mean what we say – yet we can communicate successfully with a no regrets. It’s not only what you say that matters; it’s how you say it that matters even more because actions do speak louder than words. This fun, interactive program will give you a bird’s eye view into your communication style, why you say what you say and how to communicate with success and confidence. You'll be able to takeaway tips on how to control your body language and choose your words – with the help of four fun-love birds. What was that you said? You can’t wait! Great, flock over to this session and meet the four birds that will help you take flight. It’s time to Communicate Successfully and Confidently.
We all have good intentions to get the job done; yet we know that the road to (you know where) is paved with good intentions. Most of the regrets we have are not a result of something we did but come as a result of something we did not do. It’s not that we don’t want to get things done, to be more productive, but more, ‘how’ do we do it, consistently. This simple and powerful program – My SPUD Method™ will give you the tools you need identify your procrastination style and leverage your superpowers. You’ll be able to find your inspiration and energy and learn Velma’s “Focus 5” approach to moving from ‘thoughts to actions’ – with an easy 5-step path forward. What are you waiting on? Procrastinating again? Remember, one small step for man is one giant step for mankind. It’s time to Kick Procrastination into Productivity.

We have all heard it before –Right? It’s not what you say, but how you say it that really matters. Often, we see more of what others say than hear what they say. Perceptions become our reality – but maybe it’s because we communicate more through the unspoken word. In this fun, engaging program you will discover your nonverbal communication messages and learn what you really could be saying, without even saying a word. You’ll be able to takeaway tips on how to control your body language and choose your Words. What was that you said? I see you can’t wait! Great say no more, see you there!