

SPEECH OPTION #1

TOGETHER, LET'S STOP THE DESTRUCTIVE STRESS CYCLE, SO YOU CAN STRESS LESS, DO MORE OF WHAT YOU LOVE AND BE HAPPIER!

There's a better way to deal with the tough stuff that can cause unnecessary destructive stress, steal your daily capacity, and make you feel unhappier than you want to be.

I get it, there are a lot of challenges that each of us faces at home and at work. That's life. The goal is to ensure that those pressures don't limit your potential, your attitude, or your results.

In this session, I'll share fresh strategies to react to all the external factors in a less stressful way so you can maximize your productivity and bottom-line, while protecting your mental and emotional well-being.

TAKEAWAYS

- Recognize how certain patterns can intensify how difficult it can be to navigate challenges.
- How to react to external challenges in a less stressful way.
- How to find hope and optimism when you feel overwhelmed by life's toughest stuff.

SPEECH OPTION #2

TAKE BACK YOUR WEEKENDS: STRESS LESS, DO MORE, BE HAPPIER!

Feel like there's always too much to do, with too little time and too few resources? Wishing you had more time left for what matters most in your life?

Taking back your weekends refers less to "WHEN" you work, and more about "HOW" you work. It's about being so 'in flow' when you work that you can take guilt-free, refreshing time off whenever you want.

Allison Graham will walk you through her signature framework to fundamentally shift how you relate to challenges and your workload. She'll show you how to harness good stress and lower destructive stress while simultaneously increasing outputs per-hour.

The hope is that you'll leave this session feeling empowered to amplify your daily capacity so that you have more left over at the end of the day for whatever matters most to you!

TAKEAWAYS

- Understand the difference between tasks, obstacles, and adversities and how to navigate each issue.
- How to leverage good stress for optimal performance and diminish destructive stress.
- How to identify barriers to performance that may unknowingly steal your daily capacity and productivity.

SPEECH OPTION #3

COPING FATIGUE: WHAT TO DO WHEN YOU'RE EXHAUSTED FROM HAVING TO BE RESILIENT

World events have had an unprecedented emotional toll on individuals. People are tired of having to be resilient. I call the exhaustion from having to be resilient "Coping Fatigue."

While nothing can be done to fix the overall situation and intensity of challenges one faces, a fresh perspective and better problem-solving strategies can make the experience better.

This session will inspire you to feel more hopeful, help you have a greater understanding of the emotional roller coaster that you and the people around you may be experiencing, and will offer some meaningful insights that you can use immediately to feel more empowered.

TAKEAWAYS

- Understand how destructive stress is created and how to minimize it, while harnessing good stress.
- Recognize the different types of challenges we face and how to deal with each more effectively.
- Feel a sense of control during a time in history that is completely out of your control.

SPEECH OPTION #4

THE PROBLEM-SOLVING METHOD: BUILD RESILIENCE AND AMPLIFY CAPACITY

This program is best for team professional development initiatives.

We'll get down to business and shift how the team approaches daily challenges using my Problem-Solving Framework.

Each day we face a series of tasks, obstacles and adversities that need to be addressed. When challenges arise, if they aren't approached in an effective way, destructive stress and further complications can follow.

Using my problem-solving framework, participants will uncover a systematic way to approach daily challenges. By solving problems more effectively, they will free their personal capacity to be more creative, innovative and engaged at work.

TAKEAWAYS

- Engage in a systematic way to approach interpersonal problems.
- Discover a common language to support each other and effectively deal with different types of challenge.
- Have a clear approach to allocate limited emotional, mental and physical resources to different issues.
- Know how to step into solution-focused mode faster.

SPEECH OPTION #5

LEADING A RESILIENT CULTURE: PROTECTING YOUR TEAM'S WELL-BEING AND THE BOTTOM LINE

We're working in a time of unprecedented, rapid change. Just as your team adjusts to one issue, shifting needs or the marketplace dictate another. Mastering everyday resilience is a proactive step you can take before coping fatigue sets in and your best leaders burn out.

This program addresses the different ways people react to obstacles and shares fresh concepts to inspire you and others to operate in the Resilience-Mastery Zone. Leaders will leave with ideas and inspiration to empower a supportive and productive culture that embraces obstacles, minimizes unnecessary, destructive stress, and diminishes resistance to change.

TAKEAWAYS

- Understand the different ways professionals respond to challenges and the pros and cons of each.
- Identify their own and their team members' resilience style and natural response to issues.
- Gain fresh insights into how being "too busy" can hinder their leadership results and what to do about it.
- Discover simple leadership tools to empower others to complain less and be more innovative when solving problems.

FLAGSHIP TRAINING PROGRAM (8-12 WEEKS)

PULL YOUR TEAM OUT OF THE STRUGGLE... PROBLEM-SOLVING FOR THE HUMAN EXPERIENCE AT WORK

This program mitigates the risk of overwhelm, burnout and team turnover through streamlined problem solving.

Consistently-high, destructive stress levels will lower productivity and increase the risk of people quitting or going on stress leave. That leaves others to pick up the slack resulting in a less enthusiastic workforce and overwhelmed team members.

This program goes deeper than typical Band-Aid behaviors often encouraged to reduce stress levels. It provides a fresh approach to address daily issues, interpersonal challenges and constant change.

The result is a more engaged culture through a unified approach to dealing with issues. The program culminates with the Rapid-Fire Resilience Rundown, a critical-thinking checklist that supports the ongoing implementation of the Problem-Solving framework.

TAKEAWAYS

- Learn the 3-Part Problem-Solving Framework to quickly and objectively address issues that arise.
- Discover barriers to performance that may unknowingly be making problem-solving harder than it needs to be.
- Dive deep into the Solution-Activation Principles that guide effective problem solving.
- Be able to implement the Rapid-Fire Resilience Rundown, a critical-thinking checklist that reduces overwhelm, improves objectivity, and accelerates solution activation.