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As a career coach and burnout expert, I teach proven mindset tools that enable my high-achieving clients to keep showing up and doing excellent work in a sustainable, resilient way.

My clients and audiences drive and own game-changing work at Nestlé, Chevron, Zillow, Expedia, Providence Health and more. I've also had the pleasure and privilege of speaking at Chief, a networking group for C suite and rising VP women.

Before becoming a coach, I spent several years in corporate tech at a Fortune 500 company, designing and executing communications efforts that touched 25,000+ employees. While I had a lot of fun in tech, nothing compares to helping my clients rewire their brains for more productivity, efficiency, and fun.

Below are two examples of talks that have resonated with corporate and non-profit audiences big and small. I also am accustomed to working with clients to build out customized content to meet an organization's specific needs.

Talk one: How to use mindset to stay on track with big goals & massive changes

When teams and companies are working on innovative goals, mindset matters more than ever. In this talk, I explain what mindset is, why it matters, and how to use it on purpose to do excellent work in a sustainable way. The audience will learn actionable strategies for how to handle their big, ambiguous goals so that they can use their work time to get things done instead of wondering where to start. A senior leader at Zillow Group said that this talk helped him solve a work problem he'd been struggling with - before the speech was even done.

Talk two: How to manage anxiety in difficult times

In the current COVID-19 climate, employees are feeling heightened levels of anxiety, overwhelm, and stress. People are working remotely and homeschooling their kids. Or trying to care for aging parents while still hitting their work targets. Or they haven't seen another human face who wasn't a Prime delivery worker in 6 weeks and it's hard to stay motivated and keep giving it their best day after day. In this talk, audiences will learn a simple, effective way to handle their anxiety, and the reasons why the ways they've been trying to handle it aren't working. They'll also learn a coaching tool they can use to help themselves feel better and create workable solutions to the challenges they're facing.