

Elevate

LEADERSHIP THROUGH WELLBEING

SPEAKING
ENGAGEMENTS
with

Wendy Cary

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WENDY CARY

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Speaking

ENGAGEMENTS

Unlock the full potential of your leadership team by prioritizing their wellbeing.

In today's fast-paced world, the most successful leaders understand that their own wellbeing is key to effective leadership. That's where we come in.

With a passion for enhancing leadership through wellbeing, we offer engaging and insightful virtual presentations tailored specifically for your leaders.

We bring a unique blend of expertise in leadership development and holistic wellbeing, providing actionable strategies that empower your leaders to thrive both professionally and personally.

Invest in your leaders, invest in your future. Let's embark on a journey to elevate your leadership team's wellbeing and maximize their potential.

WHY CHOOSE WENDY?

Expertise: With years of experience in leadership development and wellbeing, she blends the best of both worlds to create meaningful, practical content.

Impactful: Her sessions leave a lasting impact on leaders, leading to increased productivity, better decision-making, and a positive workplace culture.

Customization: She tailors each presentation to address your organization's unique challenges and goals.

Coaching

WELLBEING COACH TO LEADERS



Wendy Cary has been a coach since 2020 when she received her Professional Coach certification from iPEC, one of the world's premier coach training programs.

After years of experiencing burnout and fighting her way back to normalcy afterwards, she created the "Power Up" methodology that has stopped the burnout and enabled her to focus on what really matters to her.

She loves using this methodology to help leaders recover from burnout and focus on what matters most to them. Unlike other burnout and wellbeing coaches, she helps adjust the way leaders approach work so that their impact can grow exponentially.

COACHING PHILOSOPHY

Her role is to guide you to align with your inner truth and teach you the concepts and skills needed to reach your highest potential.

She has a gentle approach that is encouraging, nurturing, and open-minded. With compassion and candor, she facilitates the inner tension necessary for transformational growth.

Her hope is that you are able to minimize stress, learn new perspectives and strategies, and find hope, joy, and meaning in your day-to-day.

Please reach out to us at
wendy@wendycary.com
if you have any questions.

Workshop

POWER UP YOUR GOALS

Unlock unprecedented success with our workshop, 'Power Up Your Goals.' Dive into the essential first three phases of goal setting and execution: Clarity, Intention, and Alignment.

Gain laser-sharp clarity on your objectives, infuse them with powerful intentions, and seamlessly align your team's efforts. This hands-on workshop equips your organization with actionable insights and strategies to overcome hurdles.

Whether you're a seasoned business or a startup, 'Power Up Your Goals' empowers you to chart a clear path to success. Elevate your goal-setting game and propel your organization forward with this transformative workshop.

KEY TAKEAWAYS

- Learn to define your goals with precision, ensuring everyone understands the objective.
- Harness the power of intention to fuel motivation and commitment to your goals.
- Discover how to align team members' efforts, resources, and priorities to achieve collective success.
- Develop effective strategies to navigate challenges and obstacles in pursuit of your goals.

Presentation

POWER UP YOUR SELF-ESTEEM: How to let go of Self-Criticism

Is self-criticism holding you or your team back from reaching full potential? Dive into our captivating presentation, "Power Up Your Self-Esteem: How to Let Go of Self-Criticism."

Uncover the profound impact of self-critique on personal and professional growth, and explore three pivotal skills: self-acceptance, self-compassion, and self-forgiveness. Learn why these skills are the linchpin to success, as we delve into the mindset shifts they bring about.

Discover actionable steps to cultivate these skills within yourself or your organization, and witness a surge in confidence, resilience, and overall performance. Don't miss this opportunity to elevate self-esteem and unleash untapped potential.

KEY TAKEAWAYS

- Understand the detrimental effects of self-criticism on personal and professional development.
- Learn about self-acceptance, self-compassion, and self-forgiveness as powerful tools for boosting self-esteem.
- Explore the transformative shifts in mindset and behavior that occur when these skills are honed.
- Walk away with practical techniques to develop and nurture these skills for lasting self-improvement.

Presentation

POWER UP YOUR WORK-LIFE BALANCE: Thriving in Both Worlds

"Power Up Your Work-Life Balance: Thriving in Both Worlds" is your ultimate guide to reclaiming control over your professional and personal life.

In today's fast-paced world, achieving equilibrium between work and life is paramount. Join us as we unveil the secrets to a harmonious existence through expert insights and practical strategies.

Gain a deeper understanding of the critical elements of healthy work-life balance and leave with actionable takeaways that will empower you to not just balance, but thrive in both your career and personal life. Elevate your well-being and unlock your full potential today.

KEY TAKEAWAYS

- Harness self-management for your personal & professional life.
- Techniques to boost productivity without compromising personal time.
- Equip yourself with tools to manage and mitigate stress.
- Develop resilience in the face of change in both work and life.
- Find a healthy balance with technology to maximize benefits while avoiding burnout.
- Understand the importance of leisure time and how to make the most of it.

Presentation

POWER UP YOUR STRESS MASTERY

Is stress weighing you down in the fast-paced world we live in today? The good news is, you hold the key to mastering it!

Join our presentation, "Power Up Your Stress Mastery," and embark on an empowering journey. Discover practical strategies and insights to regain control over your well-being and unlock your inner resilience.

Explore stress resilience tools, mindfulness practices, and healthy habits to proactively manage stress. Develop emotional intelligence and create work-life balance to thrive in all aspects of life.

Take the first step toward a balanced, resilient, and fulfilling life. Your journey to stress mastery begins now!

KEY TAKEAWAYS

- A curated set of tools and techniques to proactively manage stress and stay composed under pressure.
- Mindfulness practices tailored to defuse tension and enhance mental clarity, enabling you to navigate challenges with ease.
- The secrets of maintaining physical and mental health, empowering you to thrive in your daily life.
- Develop Emotional Intelligence skills that will improve your ability to handle stressful situations effectively.
- Strategies to excel in your career while preserving your well-being.

Presentation

POWER UP YOUR ADAPTABILITY: Change Mastery

Are you ready to transform the way you navigate change and emerge as a change champion? Join us for "Power Up Your Adaptability: Change Mastery," an engaging presentation that will equip you with the tools and mindset to thrive in an ever-evolving world.

In this dynamic session, we'll delve deep into the art of adaptability and unveil the secrets of change mastery. We will guide you through practical strategies and real-world examples to empower you on your journey of personal and professional growth.

Join us for this transformative presentation and power up your adaptability for a brighter, more resilient future. Embrace change. Master change. Thrive in change.

KEY TAKEAWAYS

- Know how to strengthen your adaptability muscles and embrace change with confidence.
- Proven techniques for navigating change effectively, both personally and within your organization.
- Insights into building resilience and bouncing back stronger in the face of adversity.
- Leave with a practical toolkit of actionable steps to implement immediate change mastery in your life.

Event Booking —

Thank you for considering our workshops and presentations for your organization. We look forward to working with you to create a valuable learning experience for your team. Below, we've outlined the steps to make the process as seamless as possible.

STEP 1: BROWSE OUR OFFERINGS

Take a moment to review our list of workshops and presentations. Each one is carefully designed to address specific topics and challenges that can benefit your business.

STEP 2: SELECT YOUR PRESENTATION

Choose the workshop or presentation that best aligns with your organization's goals and needs. Make note of the title and description to ensure it matches your expectations.

STEP 3: CONTACT US

Reach out to us using the contact information provided below to express your interest and inquire about availability. You can send us an email, schedule a meeting, or give us a call – whichever is most convenient for you.

Ready to take the next step? Contact me today to discuss how I can empower your leaders to thrive.

CALENDAR: <https://wendycary.com/speaker-booking>

EMAIL: wendy@wendycary.com

PHONE: 434-373-0672

Event Planning—

We look forward to working with you and helping your organization achieve its goals through our informative and engaging workshops and presentations. When planning your event, we will discuss customization options, pricing, and other details.

CUSTOMIZATION OPTIONS

We understand that every organization is unique. If you have specific requirements or would like to tailor the content to better suit your needs, let us know during your initial contact. We are happy to discuss customization options with you.

PRICING AND DETAILS

Once you've expressed interest and discussed any customization requirements, we will provide you with a detailed proposal that includes pricing, scheduling options, and any additional information you may need.

CONFIRM YOUR BOOKING

If you are satisfied with the proposal, simply confirm your booking by signing the agreement and providing any necessary payment or deposit. We will then work closely with you to finalize all event details.

CONTACT INFORMATION

CALENDAR: <https://wendycary.com/speaker-booking>

EMAIL: wendy@wendycary.com

PHONE: 434-373-0672

Your Event ---

PREPARE FOR YOUR EVENT

In the lead-up to your event, we will coordinate with you to ensure everything runs smoothly. We'll gather any necessary information, materials, and logistical details to guarantee a successful workshop or presentation.

HOST YOUR VIRTUAL EVENT

On the scheduled date, we will facilitate your virtual event. We will deliver a high-quality and engaging experience for your participants in the virtual environment, ensuring seamless connectivity and interactivity throughout the session.

POST-EVENT FEEDBACK

After the event, we value your feedback. We will provide an opportunity for you to share your thoughts and suggestions to help us continually improve our services.

FUTURE ENGAGEMENTS

We hope that your experience with our workshops and presentations will lead to a long-lasting partnership. If you have additional training needs or would like to explore other topics, don't hesitate to reach out. We're here to support your ongoing growth and development.