



EXCEPTIONAL WOMEN'S COACHING

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## Tiara Speaking Engagements

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### Option 1: Envision Your Life Workshop

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This 4-hour workshop is a perfect opportunity to reflect, rejuvenate, and reconnect to top priorities. You'll be guided through a series of inquiries by a Tiara Program Coach, and you'll leave feeling clear on what's most important to you and ready to take action.

**Intended Outcomes for participants:**

1. Identify their innate values and establish their priorities in alignment with their values
2. Be aware of automatic ways of thinking and learn ways to challenge their own status quo
3. Choose an empowering mind set and context for dealing with any circumstance
4. Differentiate between To Do's and their true desires
5. Create a one-page document that reminds them of their values, empowering mind set, and top priorities.
6. Make powerful connections with like-minded women

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### Option 2: Ready-To-Go Presentations

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Tiara often delivers engaging and interactive sessions on the topics below. These workshops can be facilitated in a 45, 60, 90 or 120-minute timeframe.

- Fearless Networking
- Leading a Values-Based Life
- What Comes Next: Connecting to your True Desires during Transition
- Gracious Accountability
- Attracting Perfect Clients
- A Whole Life Review: The Secret about Balance
- Throw Out the "To Do" List and Take Inspired Actions
- Mojo Repair
- Be Powerful – In the Face of Any Circumstance\*

\* This session can be designed to address current topical concerns including financial, economic, global, downsizing and more.



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## **Fearless Networking**

Through this interactive presentation, participants will define what successful networking and connecting looks like at a personal level. They will debunk all the myths and limiting beliefs they have about what it means to network and create an empowering framework for how making connections can work for them.

By the conclusion of this interactive session, participants will understand the following practices that guarantee compelling connections when promoting their services, products, or themselves. They will:

1. Be clear on why networking is vital to any role or position
2. Enjoy debunking the myths of networking and what stops you from networking with others
3. Create a “frame” for connecting and networking in a way that works for you
4. Ensure their networking conversation include these essential components:
  - How can I help you? What do I need? (give and take)
  - An intention or goal
  - A way to close the loop.

## **Leading a Values-Based Life**

At the center of what helps women love who they are and what they do is being aware of and connected to their values and nourishing themselves on a regular basis. When you are connected to your values, i.e., the qualities you personally believe are important to demonstrate in your life, you know where to direct your energy and take action that leads to fulfillment and meaningful results. Living in alignment with your values also gives you a sense of purpose and confidence about who you are and what you do.

By the conclusion of this interactive session, participants will understand the following as a way to love who they are and what they do. They will:

1. Be clear on their personal values and how living in alignment with values is connected to confidence, effectiveness, and purpose in life.
2. Understand how limiting beliefs and challenging emotions interfere with personal and professional success and value-driven living.
3. Understand the power of acceptance and the positive impact it will have on career satisfaction and producing results in all areas of life.
4. Create the ability to self manage by aligning behaviors with values on a continual basis.
5. Identify key nourishing practices to enhance a sense of well-being, reduce stress, and live in alignment with values.

## **What Comes Next: Being True to Yourself during Transition**

Each of us will experience transition many times throughout our lives; our lives change, we start working or embark on a career, we become parents, we get married, we get divorced, we change jobs or careers, we deal with sickness and take on life's challenges (both good and not so good). The question isn't whether or not you will face transition in your life, but rather the question is how you can face every transition with confidence and grace and ease.



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By the conclusion of this interactive session, participants will understand the following as a way to gracefully maneuver through any transition occurring in their life (chosen or not). They will:

1. Access the courage it takes to go after what you want while still being responsible
2. Reignite the spark of what you're truly passionate about
3. Stop using To Do Lists, and learn to use a more effective time management tool
4. Understand the difference between a goal and a true desire.
5. Be able to embrace and welcome change into their lives.

### **Gracious Accountability**

Most people equate accountability with blame or fault for something that didn't go well or didn't get done. The buck is going to stop somewhere and it isn't necessarily a good expectation or feeling. In hierarchical organizations it may seem simple to hold people accountable, i.e., you tell a subordinate what needs to get done and they are responsible to do it. However, high performing teams and organizations have a different model for holding people accountable; they share a mutual perspective of allowing others to 'count on them' and express what actions for which they will 'count on others'.

By the conclusion of this interactive session, the participants in this program will:

1. Define accountability in a way that enhances collaboration and personal responsibility
2. Identify strengths, weaknesses and challenges at both the individual and team levels
3. Apply simple steps to their work environment that will demonstrate a willingness to be "counted on" to deliver results as planned.

### **Attracting Perfect Clients**

This program is based on the book, *Attracting Perfect Customers* by Stacey Hall, Jan Brogniez. And while this is ideal for entrepreneurs or anyone looking to expand their client base, the process is so powerful it can be applied to almost any situation, i.e., attracting perfect partners, attracting the perfect home, attracting your perfect job, etc).

By the conclusion of this interactive session, the participants in this program will experience:

1. Business growth
2. Doing more of the aspects of their business they love to do (and less of the other things)
3. Increased clarity, focus, and productivity
4. An ability to attract more of what is desirable and less of what they are trying to avoid.

### **A Whole Life Review: The Secret About Balance**

Have you ever felt like you are overworking one of your muscles? When you do, your body immediately tells you and it might show up like a shooting pain somewhere. Our body is a well oiled machine that tells us when we need to back off a muscle – and fast. If you are constantly working one or a few muscles in your body – you are out of balance and not working all the major muscle groups to ensure a symmetrical approach to your workouts.



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If you have a similar approach to the roles you play in your life, you might see that you are excelling at one or two of the roles, but many of the other roles, which are also equally important roles, are not getting any attention or nourishment. How do you find time in an already crammed schedule to give these much neglected roles attention?

By the conclusion of this interactive session, the participants in this program will:

1. Have a clear picture of where their life is working and where it is out of balance.
2. Learn to integrate their roles and their activities for more satisfaction.
3. Recognize areas where they can stop doing things that are no longer high value activities.
4. Stop the time conversation and learn to prioritize based on desired outcomes.

### **Throw Out the “To Do” List and Take Inspired Actions**

Have you ever wondered what your day could be like if you only did what you were inspired to do and left all those “shoulds” off your list? This program focuses on helping you manage your actions by managing your feelings. When you are inspired things feel easy and simply flow better, and when you are not inspired, things feel hard and complex. Increase your effectiveness and learn to leverage your time and actions by being in your zone and in the flow more and more each day.

By the conclusion of this interactive session, the participants in this program will:

1. Have a breakthrough in self empowerment.
2. Accept that every moment they have a choice, which itself is inspiring.
3. Increase their productivity.
4. Learn to recalibrate their feelings to create inspired actions.

### **Mojo Repair**

What is MOJO and why do I need to have it repaired? Sometimes we feel like the world is conspiring against us, when nothing seems to be going our way. In this program, we take a comprehensive look at what MOJO is and how to have your MOJO working for you and not against you. Our definition of MOJO is simply: being in the flow and allowing things to work for you with maximum ease.

By the conclusion of this interactive session, the participants in this program will be able to:

1. Understand that MOJO is a keen part of our essence
2. Recognize and experience the magic of our MOJO being in the flow
3. Allow our MOJO to flow in any given situation



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## **Be Powerful – In the Face of Any Circumstance**

The way to be powerful in any circumstance is a balancing act between acceptance and managing your desires. Creative solutions unfold when we are not attached to any particular outcome or destination. It is when we are attached or resisting our own reality that we cloud our vision to seeing what is truly possible and which path is most attractive for us to take in this given moment.

By the conclusion of this session, the participants in this program will be able to:

1. Define acceptance (of self, others, and circumstances)
2. Be aware when they are resisting their own reality and learn to let go.
3. Have a deeper sense of acceptance of themselves and their circumstances which will minimize any resistance and open up room for new actions, opportunities and possibilities to emerge.

## **Why Women Don't Close the Deal?**

Women are natural networkers and relationship builders. They share information openly and collaborate instinctively on almost anything. Yet, if they are so good at establishing relationships why don't they use these relationships for business gain? When asked why they do this, many women say they do not want to appear pushy or overly aggressive. However what doesn't seem logical is that women will nurture a relationship for years and still not feel comfortable making requests that are more business oriented, specifically for help and support that could significantly impact their professional careers. So what stops them?

By the conclusion of this interactive session, the participants in this program will be able to:

1. Understand what prevents them from asking for things that will help them get ahead in their career or close more business?
2. Learn how to "ask" and make requests that feel natural and easy?
3. Stop feeling weird about asking other people for help and support?
4. Say NO to requests – powerfully - and feel good about it.
5. Learn to make win-win renegotiations work for everyone.



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### Option 3: Customized Workshops and Presentations

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Tiara can customize a workshop or presentation in three-steps.

1. First, define **the topic** or the presenting issue. Here some we address:

- Time Management
- Stress Relief and Relaxation
- How to Take Care of Yourself First
- Demystify the Balancing Act
- Live Out Your Values
- Follow Your Callings
- Produce Results Easily
- Get Clear on What You Want
- Increase Your Level of Contentment
- Be a Successful as a Woman
- Be Powerful ... In Spite of Any Circumstance

2. Second, choose the **Success Principles** to emphasize:

- Self Awareness
- Acceptance (Self, Others, Circumstances)
- Personal Responsibility and Choice
- Owning Your Desires
- Defining Success for You
- Getting Results Easily
- Alignment with your Values, Callings, and Purpose
- The Importance of Feeling Good
- Trusting Yourself and Others
- Replacing Either/Or with Both/And
- Celebration and Acknowledgement
- Having Fun





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## **Option 4: Tiara: The Yearlong Program**

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**Tiara** is a yearlong, in person coaching program designed especially for women. We are happy to bring this program to the women in your company, customizing it to align with your internal performance development culture. Here's an overview of the design:

### Assumptions:

- You will have two coaches for each program
- There is a maximum of 14 women in each program
- Everything is confidential
- The design is highly experiential and non-linear

### Visioning Day:

We spend a day clarifying our top priority intentions and learning the basics of how to unleash our power authentically and effectively.

### Individual Coaching Sessions:

Each participant receives one (or more) individual coaching sessions with one of the Tiara Program Coaches to ensure that they love their decree and make progress towards their top priority results.

### Monthly Sessions

There are 12 monthly group sessions, each for 3 hours, which deepen the distinctions covered in the Tiara program in a way that is experiential, community-oriented, designed for women, and extremely effective.

### Quarterly Events

Corporations have the option for adding quarterly events to the curriculum to bring in skills development, networking, or other hot topic workshops that align with their development initiatives.

### Pricing:

The price ranges from \$4800 - \$7500 per participant depending on the amount of customization, individual coaching, and quarterly events included. The price does not include meeting facilities, food, beverage, materials, and travel expenses.