

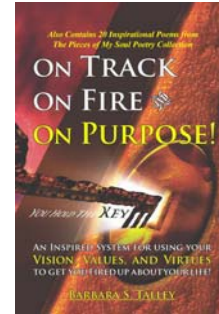
Barbara Talley's Signature Keynotes and Workshops

Session 1 Title: On Track, On Fire, and On Purpose

Length of Session 1 Presentation: 60 minutes to full day

Session 1 Description:

You've decided that for you the days of procrastination, indecision, and ineffectiveness are gone!! You've decided to take charge of your life, your career, and your spiritual, physical, and mental well-being. You've decided that you want to do more than bide your time, that you want to be a formidable force in your company, home, or community. Well this workshop focuses on the importance vision, values, and virtues as vital for getting and staying on track, staying focused and capitalizing on the energy force within.

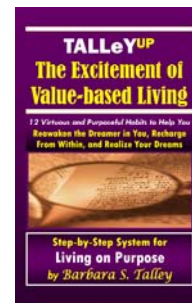


Session 2 Title: The Excitement of Value-based Living

Length of Session 2 Presentation: 60 minutes to full day

Session 2 Description:

One of the reasons we experience so much stress and anxiety in our lives is because we have not defined or prioritized our values. Lasting success, balance, and harmony result only when living according to a value-based system. This session teaches the TALLEYUP system, an inspired system of twelve virtuous habits to help re-awaken the dream in you, recharge from within, and realize your dreams. This time management and self management system covers goal setting, time management, problem solving, managing stress, clarifying values, overcoming procrastination, prioritizing goals, balancing work and family life, setting boundaries, improving relationships, managing your energy and more...

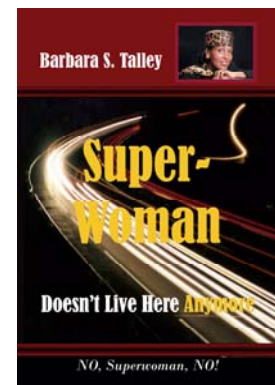
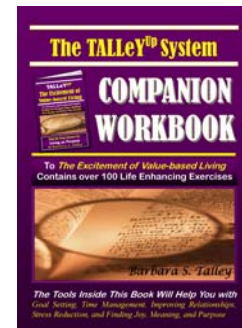


Session 3 Title: SuperWoman Doesn't Live Here Anymore

Length of Session 3 Presentation: 60 minutes to full day

Session 3 Description:

We're stressing out at an all time high. Why? Because we're trying to be everything to everybody. It's possible to have it all, but only through effective planning, supportive networks, and the ability to say no and set clear boundaries. You may be able to do ANYTHING, but you still can't do EVERYTHING (at least, not at the same time!) It's easy to get into the rat race but it's much harder to get out without the proper tools. This nurturing workshop will help you enhance your productivity and become a healthier, less stressed, more fulfilled and happier worker.



Session 4 Title: Strategies for Survival in Non-Nurturing Environments

Length of Session 4 Presentation: 60 minutes to full day

Session 4 Description:

When the going gets tough, the tough learn new strategies. This popular workshop shares a timeless message for survival. It doesn't have to be a *dog eat dog* world! We must unite, help others, demonstrate integrity, and demand excellence from ourselves and others if we are to survive individually and collectively. Knowledge of diverse styles of communication, appreciation of diversity, and an openness to consider different perspectives are just a few of the strategies she'll discuss for surviving in non-nurturing environments. Learn how changing your perspective can change your world. You will never see things quite the same ever again!

