

Liz Fletcher Brown

Full Wattage!

Igniting a Culture of *Energy, Enthusiasm & Engagement*



Programs

The following programs are available as keynote presentations, breakout sessions and as ½, full or multi-day workshops. All programs are customized to your needs.

Live with Full Wattage! Get Bigger About Who You Are

In order to live with Full Wattage (energized, enthused and engaged) you must release the saboteurs holding you back, especially our own self doubt and judgment. In this program Liz uses humor, stories and inspiring examples to illuminate our saboteurs, and shares practical tools to overcome them.

Participants will leave with:

- Tools to move beyond limiting self beliefs.
- A more positive outlook on what they can accomplish.
- Increased engagement and personal effectiveness.
- The ability to turn obstacles into stepping stones.
- More confidence, self esteem and an "I Can!" attitude.

Riding the Waves of Change

Many organizations thrive on change, innovation and being different. Yet we often find ourselves overwhelmed and stressed at the unprecedented pace of change in our personal and professional lives. This fun, content-rich, highly interactive program will help attendees not just cope with, but thrive in a rapidly changing environment.

This program will address how participants and their teams can:

- Enhance flexibility and adaptability.
- Gain a new perspective on dealing with change.
- Strengthen their resilience to stress.

They will leave with a better understanding of the process of change, and with specific actions they can take when feeling overwhelmed by constant change or "unexpected occurrences".

Creating Work – Life Balance in an Unbalanced World

In times of uncertainty more is required of us than ever before to balance all of our commitments both at work and at home. Liz blends mind-body principles with practical tools, humor, and thought-provoking insights that will instill in participants the ability to be grounded, purposeful, and have the right attitude for success, even in these challenging times.

Participants will leave with tips, techniques and tactics to:

- Take advantage of the recent breakthroughs in brain science to change how they think, feel and act.
- Decrease stress and rejuvenate body, mind and spirit.
- Prevent overwhelm and burn out.
- Increase engagement, job satisfaction and personal effectiveness.



"Liz ... possesses a wonderful combination of passion, grace, stage presence and eloquence that captivates while providing very useful suggestions and tips on developing life skills."

Corbin Ball, CSP, CMP, MeetingNews "Top 25"

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Full Wattage Leadership Presence

Whether your audience is one or hundreds, nothing exudes a sense of leadership more than sharing your ideas in an effective and engaging manner that leaves people wanting to take action. When it comes to "presence" it appears that some people have it and some don't. The secret is that everybody has it, it's just that we let things get in the way.

For Managers, Executives, and other Professionals who want to:

- Become a more confident and effective communicator.
- Overcome fear and nervousness.
- Use their natural style and personality to their advantage.
- Develop "presence" that is magnetic and charismatic.

*This program is only available in a breakout or workshop format.



All programs can be customized to your needs.



*Get
Your
Dance
Shoes
On!*

Travels from Washington
DC Area

Ph: 410 798 5745
www.LizFletcherBrown.com
info@LizFletcherBrown.com