

## KEY ELEMENTS

- ◆ Each session runs 1.5-hours. Can be expanded for a more robust group session if desired.
- ◆ Sessions will be interactive, engaging, and relevant.
- ◆ Lead by executive coaches with practical business leadership backgrounds.
- ◆ Participants walk away tools and practical application of new methods to help them realize and move through change more effectively within themselves and their organization.
- ◆ Provide a space for further connection / community.



**THE  
DISRUPTIVE  
ELEMENT**

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# 2023 SPEAKING/GROUP SESSION OPTIONS

#	Title	Theme
1	PUT YOUR OWN MASK ON FIRST	Setting the conditions in which people want to give their best...It's personal! Putting you back in the driver's seat by 'putting your own mask on first'.
2	THRIVE... DON'T JUST SURVIVE!	Don't just survive...choose to thrive! With a simple shift in thinking, we have the individual and collective power to generate more energy and movement in the direction we desire.
3	WHAT'S THE VALUE OF VALUES?	Translate individual values into 3-5 key focus areas which are then converted to their 'pitch' statement
4	SUSTAINABLE CHANGE - AN IMPOSSIBLE DREAM?	We are designed to resist change! With increased understanding, we are better armed to recognize limiting behaviors
5	YES, I TALK TO MYSELF... AND IT HELPS! 😊	We all have self-talk: Is it helping us or hindering us? Deeper dive into our self-talk and to effectively choose the talk that moves us forward
6	MY PAST IS MY PRESENT	Understanding key elements of our past puts us in the driver's seat for our present. Deeper connection to helping activities, thoughts, and support from the past to bring forward.
7	ME, MYSELF, AND I: IS THAT ENOUGH?	Support systems are especially critical in times of change. Are we leveraging the right support systems for the right problems?
8	WHAT'S MY #HASHTAG?	How do we want to be seen and what do we want said about us - especially in tough times? Intentional focus on brand and not leaving it to chance.
9	WHAT MAKES ME A ROCKSTAR?	Many times, we think we know how we add value - but is that information accurate or really what the other person, team, or group needs? Find out!
10	CURIOSITY DIDN'T KILL ANYTHING	Too often we are rewarded mainly for what we know versus exploring what we don't know. Learn to draw out and deliver more results by powerful questioning.
11	EMPATHY CAN DO WHAT???	Did you know that empathy (given and received) does so much for us in a positive way for ongoing mental health and joy? Learn practical ways to create an empathetic mind and overcome burnout and increase joy!
12	LAUGHTER: A BODY BOOST WITH BENEFITS	Laughing gives us the same results as exercise, meditation, and personal connection all combined! Yet we don't do this enough. Let's explore the brain science of humor and how to make it a practical application in the work environment.
13	WHAT ME? BIASED?	Simply put - if we draw breath, we have bias. Let's explore the brain science of bias in order to better understand and accept that it exists. ... and explore practical ways to be intentional about mitigation.
14	IMPOSTER SYNDROME	Hello women. . .you are not a fraud! You deserve success without feeling like a fraud. Let's do a deeper dive into the brain science of limiting beliefs and get practical about letting them go!
15	YOUR SABOTEUR AND YOU	The gremlin inside me need to go! Let's explore the impact of negative self-talk and get practical with the brain science of choosing a new way of talking to ourselves.
16	LONELY LEADERSHIP	It's lonely at the top! How do we kick the exhaustion and the loneliness aside leaders? Let's first understand the brain science and make it practical!
17	ARE WE LISTENING ANYMORE?	I think I've stopped listening, have we forgotten how? What's gotten in the way. Let's squash conflict and confusion and be intentional about opening up again.