

STEPHANIE ANN BALL

HIGH PERFORMANCE SPECIALIST

SIGNATURE TALKS

I have a variety of popular talks that can be modified to 15 minutes, 30 minutes, and 60 minutes. I would love to discuss an option that would be the best fit for your group.

INSPIRED GOAL SETTING: HOW TO DESIGN A MISSION CENTERED PLAN OF ACTION

Reaching a goal is easiest to do when it's centered around a clear mission. Discover the tools you need to write your own personal mission statement, understand how you work best so you can make the most of your time and energy, and stay focused and motivated when life happens.

TUNE INTO YOUR VOICE: HOW TO COMMUNICATE AUTHENTICALLY AND CONNECT JOYFULLY

Uncover the skills you need to be heard and understood while fostering deeper human connections in a digital age. Together we'll explore how to understand the power of your inner voice, your spoken voice, your written voice, and learn how to stay present when listening to others.

CULTIVATE YOUR CREATIVITY: LEARN HOW YOUR INNER ARTIST CAN INCREASE YOUR PRODUCTIVITY

Creativity and productivity go hand in hand. When they are working together well, magic can happen. Learn how to tap into your creativity and how it can help you get more done and have more fun at the same time.

**CONTACT ME FOR RATES
AND AVAILABILITY:**



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