

STEPHANIE ANN BALL

HIGH PERFORMANCE SPECIALIST

SIGNATURE TALK

Choose which version of her popular talk is the best fit for your group's needs. Below you can read about the version packed with educational content and practical tips that make it a great interactive presentation, lunch and learn, or workshop.

PURPOSEFUL PRODUCTIVITY: HOW TO MOVE FROM STRESSED AND OVERWHELMED TO ENERGIZED AND FOCUSED

There is never enough time to get everything done! How many times have you said this? While it may be true that your to-do list seems to have no end, there is a way to get more done in less time, and have fun doing it. Together, we'll learn some creative ways to keep you performing at the top of your game so you can regain control of your tasks and time. Here's what we'll cover:

- Getting yourself organized and ready to get to work - in a way that highlights how you naturally do things the best.
- Approaching time management with the mindset of quality over quantity, and finally working more efficiently.
- Tools for keeping your energy and focus levels up, and avoiding the productivity killers of procrastination and overwhelm.

Using Stephanie's L.I.G.H.T. Formula, you'll come away with all the tools you need to create an individualized system of sustainable high performance, and what habits you should focus on to stay there. Soon, you'll be flowing between personal and professional tasks with ease.



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OWN YOUR LIGHT: A SINGER'S JOURNEY FROM CENTER STAGE TO CEO

How does one begin a path towards the operatic stage and find herself running a consulting business? In this inspirational presentation, you'll hear stories about the behind the scenes life of an artist, along with the tools, skills, and level of focus it takes to beat your fears and go after what you want. The lessons shared can be applied to any industry. Here's what you'll discover:

- How to uncover the core values that help guide all of your decisions.
- How to consciously tune in with why you do what you do so you can stay motivated.
- How to use creativity to enhance your productivity
- How to keep your mind clear of the clutter that holds you back, so you can achieve a level of sustainable high performance that helps you reach your goals faster than ever before.

Using Stephanie's L.I.G.H.T. Formula, you'll come away with all the tools you need to create a system of sustainable high performance, and what kind of focus it takes to stay there. You'll be inspired to go for it with enthusiasm, and a renewed confidence to make it happen no matter what.

