



## What You Can Expect

The following is intended to help you decide if the content and delivery style of my woe to WOW keynotes and workshops are a good fit for you, your organization, and event.

### Keynotes Offer:

- √ Inspiration and insights through upbeat stories, examples and humor
- √ Minimal, quick and fun audience participation
- √ Strategies to strengthen your resilience to adversity, change and set-backs
- √ Reasons why resilience is important and how we all have it
- √ Acknowledgement of who you are and what you do
- √ Three main messages:
  1. *Do your best and let go the rest*
  2. *You're stronger than you think*
  3. *Take yourself lightly.*

### Workshops Offer:

- √ Discovery, insights and experiential awareness through interaction and optional personal and professional sharing
- √ An opportunity to create long term and sustainable change
- √ Time for self-discovery and heightened awareness of your resilient-ability and how you may have let adversity or challenge trip you up
- √ A chance to connect and work with others who have similar concerns
- √ Strategies to strengthen your resilience to adversity, change, and set-backs
- √ Time to put those strategies into a personal action plan
- √ A safe place to share what you think and feel.
- √ Acknowledgement of who you are and what you do
- √ Time for celebration, connection, rejuvenation, and fun

If you are ready to move forward or simply have a question, please contact me.

Here's to your resilience, Patricia

**P a t r i c i a   M o r g a n**

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