

# Workshop & Keynote Topics

## Intentional Leadership

Intentional and ethical leadership begins with curiosity, respect and accountability. Curiosity is the foundation for innovation, including within our teams, our culture, and ultimately how we meet clients' needs and increase revenue. What needs to be cultivated alongside our curiosity is respect and accountability. Empowering our team(s) to take on challenges without being micromanaged while being supported so they are not taking them on alone. This is the realization of curiosity alongside respect. Creating teams, community and culture of support for each employee. Accountability is the final aspect, without it we risk, as leaders, feedback loops and echo chambers that ultimately prevent us from maturation, growth and profitability as a company. Accountability brings us right back to curiosity and respect.

## Cultivating Curiosity

Having transformed her life, breaking away from the pattern of abuse in her family, Shana found curiosity to be one of her greatest tools. She had to get curious about what was possible. She had to be willing to question everything and take on new challenges. Ultimately, curiosity is what led Shana to ask herself how to show up in the world as herself and who she really was. The desire to start her own company led to her beginning to study leadership in her late 20's, a scholarship that continues to this day and informs not only leadership but her life and her work with leaders. Having transformed her own life Shana is able to guide others into looking at life through the lens of *what if*. What if, shifts our lives from seemingly unbreakable patterns, to finding joy in infinite possibility. Curiosity is the foundation of all possibility personal and professional, it is a critical tool for experiencing profound joy and success.

## Neurodiversity in a Singularly Focused World

As a neurodivergent person myself, someone diagnosed with ADHD at five, it became critical for me, for my survival to continually translate myself for the world around me. I had to hold onto who I am while learning how the other 80% of the people of the world thought and how it differed drastically from me and how I wanted to and needed to be able to show up in my personal life, work life, networking, building a business and a speaking/consulting practice. I realized along the way how many companies would benefit from learning how we neurodivergent people see the world and how it would transform culture and profitability when done intentionally and with support for all involved.

## Mastering Intention - Designing Our Lives

Shana found Intention to be one of the many concepts which transformed her life from one defined by abuse, to one defined by joy. Needing to find a way to her own humanity, to discover who she was authentically and how to authentically connect to herself and the world around her, Shana found the more intentional she became, the more joy she experienced. Shana began to recognize the elements that contributed to her successfully and intentionally navigating the world were and are boundaries, courage and creativity and a bit of societal rule breaking. When we begin to infuse our choices with intention, we begin designing our lives, personally and professionally. This discussion dives into the heart of intentionality and its relationship to designing our lives.



## Additional Workshop Topic

### Getting Started in Public Speaking

This workshop is great for small business owners, sales teams, business development and those looking to get started in those looking to be recognized as a subject matter expert to help pull in clients and drive revenue.

