

Christine Cashen – Speaking Topics



HOW TO STAY INSPIRED WHEN YOU ARE SO DARN TIRED!

It can feel challenging to stay right side up when the world feels upside down. This past year has been stressful, but it is time to take back your power. Take control of what you have the power to change. Shift your perspective, get energized, and lead by example.

Audience takeaways:

- Method to Compose and Dispose to handle worry
- Identify Energy Gainers/Drainers and what to do about them
- How to get your “mojo” back
- Tools to leverage levity



WHY CAN'T EVERYBODY JUST GET ALONG?!

With her incredibly humorous and relatable style, Christine gives you the tools to identify, understand and approach conflict creatively.

Audience takeaways:

- Secrets to defuse anyone in any situation
- Script the perfect words for any conflict
- Creative problem-solving techniques
- Calming techniques to handle triggers

You'll discover the keys to having more fun, improving productivity and morale, while at the same time lowering stress and improving job satisfaction!



CARPE CHAOS: HOW TO GET ALONG, GET IT DONE AND HAVE MORE FUN!

Seize the chaos! Life is messy. Change happens. There is never enough time. Well, it is time to take back your power and *own your life!*

It doesn't matter what happens to you. What does matter is your response. What have you done to take care of YOU lately? It is time to **Carpe**

Chaos! Seize your time, seize your energy, and take the reins so you can be the boss of your life – all while enjoying one fantastic ride.

Audience takeaways:

- New routine ideas to escape ruts
- How to create energy forcefields
- BOOGIE to rock your job
- Rediscover your sense of humor

You don't want to miss this presentation. Join Christine for hot tips and strategies to achieve the best in your personal and professional life. You'll leave feeling charged up, motivated and excited to get back out there and work your magic.