

Training Overviews

- **REAL Selfcare**

With new stressors introduced almost daily and the world going 'remote,' 'Selfcare' has become a buzzword... but what is REAL Selfcare? This keynote talks about selfcare beyond the superficial approaches that society tells us is defined as selfcare; how to assess if you are REALLY caring for yourself and how to show up for others.

- **Mental Health Awareness**

Suffering with mental illness of any sort can leave us feeling alone and helpless. This is especially true when our struggles are at their greatest. This training involves an intimate conversation where I share my battles and healing with mental health. This training is meant to help with inspire conversations around mental health and erase stigmas that we often encounter.

- **How to Change the Culture of Your Organization/Team**

Do you think everyone on your team/organization describes the culture the same way? Culture is not about the mission statement of your team/organization it is the heartbeat...it's the way "we do things around here" ...the beliefs, customs, communication, etc. Culture increases loyalty among employees, keeps employees connected, builds brand identity, and makes advocates out of employees. This training will help you change the culture of the organization/team or help you with making it stronger.

- **The Real Reasons You Aren't Doing What You Say You Will Do (Kicking Bad Habits & Developing Healthy Ones)**

Have you ever wondered 'why don't I do what I say I'm going to do'? In addition to the external results that habits provide. They also shape your sense of self. They are the reason we believe certain things about ourselves. This training is based on James Clear's book 'Atomic Habits'. We will discuss 4 things you can implement to break bad habits and build good ones.

- **Fostering Team Commitment (Managers vs. Leaders)**

Retaining top employees is a common concern for most organizations. Getting commitment from team members can improve your retention. This training will help you learn the attributes of a leader (vs. a manager), gain team commitment, attract top talent and address team conflicts.

- **Inspiring Vision** (Creating and Gaining Clarity on What You Want to Achieve)

Having a vision creates a sense of purpose and direction. This training will help you define your short- and long-term goals and guide the decisions you make along the way. This training will inspire action, energy, and commitment. (MY FAVORITE) 😊

- **Owning Your Personal Style**

Dressing with intent delivers a message and sparks emotion within yourself. This training will help you understand the difference between putting on clothes and 'getting dressed' and the influence behind the

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You Lynn... & You Learn



clothes we wear. You will also get pointers on how to develop your personal style to reflect your personality.

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