



Signature Topics

“Awakening the Power Within”

Have you “should” on yourself lately, or have you learned the “Empower of No”? High-performers often struggle with maximizing professional success while remaining cognizant of their personal values and goals. It’s time to rekindle your dreams and brilliance! Join Holly as she shares the “3 Pillars of Power” that will guide you in crafting your personal vision, creating the boundaries needed to achieve success, and finding the balance of personal and professional success.

This presentation is easily customized to incorporate elements that speak directly to Women in Leadership.

“Change Management: Using Your Power for Good”

One Person. One Change. One Impact.

Why be a Victim of Change when you can be a Victor of Change? We have the opportunity to make changes that have a dramatic impact on our lives and the people around us. By teaching the importance of remaining present and becoming more intentional about your daily actions, you will inspire and strengthen yourself and others. In turn, you will maximize success in both your personal and professional life.

“The Soul of Leadership”

As a Global expert in Strengths-based leadership, Holly will share 3 absolutes for every leader: EMBRACE, EQUIP & ENGAGE! Through a series of exercises in self-reflection, strengths-based leadership, praise & recognition, and accountability, participants will be inspired to take ownership of their leadership style and bring out the best of their teams.

“Tell Me No, Watch Me Go”

It’s never too late to reinvent yourself. Using real-life experiences from overcoming personal and professional challenges, Holly will teach you to tap into your own “magic” and achieve your goals in the face of resistance. Learn to use your inner resilience to create your true life vision.

Life has taught Holly “one size does not fit all”. She welcomes the opportunity to speak with you and design a custom presentation specific to your needs...or just come & do the dynamic “Holly thing!”

<http://www.HollyDowling.com>