

# Topics for Webinar/Workshops

## **Vision Boards- creating your reality**

The pandemic derailed so many plans for so many people. The vision board workshop will support and encourage you to get back on track and make the new year your best year yet!

## **Activate the Magic of your Vision Board**

You have a vision board, but how do you turn the things you WANT into a REALITY? Now that you've planted the seeds, let's tend to your garden and start seeing the fruits of your labor.

## **3 Proven Ways for Rapid Results**

If you have been thinking how in the world have I gotten to this place in my life -- and don't know what to do next. Then this event is for YOU. Find what's holding you back, keeping you stuck, and identify what needs to happen to move past the being stuck and unmotivated into your full potential of unstoppable.

## **D.R.I.V.E. from Stuck to Unstoppable**

Melissa delivers a powerful tool that will teach you ways to breakthrough those barriers that keep you stuck and playing small and create a plan to move forward with motivation and excitement. You will also discover new ways to ignite your passion and live your best life now.

This workshop is for anyone wanting to shift their current circumstances. Whether you are struggling with work, home, relationships, finances, health, and wellness this workshop will allow you to change the story and create something better.

## **Scale your mind, money & momentum**

Are you allowing your past experiences to define you? Worrying about the opinions of others? Not trusting your ability to reach your big goals and dreams? That stops now! Learn how to step forward into growth and start reaching your goals with enthusiasm and not give up when the motivation runs out.

## **Growing Though Gratitude**

Exploring the power of gratitude – a practical ways to implement a customized gratitude practice that will help you break out of ruts, attract better, and live your best life.

### **Pursuing Your Passion**

Step outside your comfort zone and explore your possibilities

Action steps to embrace change and pursue your passion now

Building a meaningful career with motivation and passion

### **Turning a New Leaf**

Learning to turn a new leaf is following steps for a successful new season. Learn how to overcome fear, visualizing your ideal future, and falling in love with yourself and life.

### **Morning Routine Building**

A good morning routine: it's the secret to success for most high achievers. It provides structure, reduces stress, boosts productivity and satisfaction levels, and creates momentum for the rest of your day... and life!

### **3 Keys to Your Ultimate Success**

Fear of success can be the root cause of many things not working out for you, but it is the fear of failure that may really be what's keeping you from success in some or all areas of your life.

The struggle and fear around success may shows up as anxiety, indecision, avoidance, procrastination, or acceptance of mediocrity.

Learning the 3 Keys to Your Success will increase your ability to be more successful, especially now in these uncertain times, in all areas of your life.