

Nicole
Kalil



Training + Workshop Topics

TOPIC ONE

Validation is For Parking: How to Beat the Confidence Con

Too many people believe that confidence is either something you have, or you don't. It's viewed as a fixed character trait rather than what it is: a skill that can be developed. What would you do with more confidence? Who would you be? You can change the trajectory of your life, the decisions you make, the risks you take, and the dreams you chase... all with a little more confidence.

So how do you build your confidence? What's the secret?

Understanding both what strengthens confidence, and what chips away at it, is key. Everyone wants to feel confident, there's a constant stream of experts telling us to BE confident, but nobody tells us HOW to build it. That changes now.

IN NICOLE'S WORKSHOP YOU WILL:

- **Define and blast through the 5 major limiting beliefs and confidence "derailers"**
- **Create a deeper connection to the first anchor of confidence: knowing who you are**
- **Get actionable tools that will have you exponentially expand your confidence right there in the room**

Confident people are more adaptable, productive, and engaged... you get the greatest rate of return when you invest in confidence!

****This interactive workshop can be presented virtually or onsite, in as little as 30 minutes or as much as 6 hours, and can be customized to meet company / event needs***



TO BOOK A TRAINING OR
WORKSHOP, EMAIL

speaking@nicolekalil.com

TRAVELING FROM

Boston, MA

TOPIC TWO

Stop Managing Your Time, Start Managing Your Life

We are constantly trying to fit more into our days, fighting against conflicting priorities, and feeling pressured, overwhelmed, and exhausted in our daily lives. Do you feel like you're running on fumes? Are guilt and stress running your show?

Nicole's unique perspective will bust up the time management and work/life balance myths and leave you feeling back in control.

Having been at the executive level at a Fortune 100 company, a business owner, a wife, and a mom, Nicole knows a thing or two about being efficient and effective with time. She will reveal relevant and applicable ideas, such as:

- **Reframing time management – no matter how busy – as *Choice Management*, putting you back in the driver's seat**
- **Learn Nicole's proven *3 Eff Word* approach to success and achievement**
- **Identify and communicate your boundaries from a position of power**

It's time to ditch time management and replace it with choice management. It's time to live your life by design, not by default.

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TRAVELING FROM

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TOPIC THREE

The Art of Giving & Receiving Feedback

You'd be hard pressed to find a successful leader or business guru that would tell you that feedback isn't important. But very few of us are ever taught how to give or receive it well, so most are doing it badly on both ends. The skills, abilities, traits and talents needed to navigate change, lead teams, and increase productivity are broader today than ever before, making the delivery of effective feedback that much more essential.

How else will your teams grow and improve?

Feedback is the breakfast of champions and the key to dynamic development.

Having coached hundreds of leaders in business and consulted with several Fortune 500 companies, Nicole will share forward learnings like:

- **The ways in which you can deliver feedback, even challenging feedback, that will encourage and motivate individuals on your team**
- **How your ability to receive feedback well, will be the game changer**
- **With some very small, but very impactful communication tweaks, you can turn feedback into a core strength**

If your organization has yet to see the power of effective feedback, it's time to tap in to that potential!

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TOPIC FOUR

Turning Failure into Fuel: Developing Your Recovery Plan

Most people avoid failure at all costs, keeping them in their comfort zones and preventing them from taking risks toward the goals they desire.

But fear kills more dreams than failure ever will.

What we should really fear is inaction, living small, and giving up on our dreams... because fear of failure is what limits our opportunities for growth, joy, and success. Not failure itself.

In this inspiring and interactive workshop, Nicole will give you the keys to creating a more empowered, productive interpretation of failure for yourself and those you lead. Here's what you can expect:

- **It's counter-intuitive... learn to lean into failure, embrace it and use it to grow**
- **Develop the skill of tenacity and failing forward using Nicole's proven *Recovery Plan***
- **Find courage to ACT in the face of fear, and build lasting resilience**

Reframe your failures as gifts, lessons, and opportunities...turn your failure into fuel.

****This interactive workshop can be presented virtually or onsite, in 30 minutes - 4 hours, and can be customized to meet company/event needs***



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