



## **Speaking Topics**

Erin's unique and empowering message is about helping individuals and teams break free from burnout to thrive again both personally and professionally. Her entertaining delivery and infectious energy ignites audiences around the world.

### **Escape the Type A Trap: Three Steps to Beat Burnout and Sustain Peak Performance**

After years of uncertainty, people from all industries and walks of life feel tired, disillusioned, stuck, overwhelmed and burnt out. They want a better way to succeed and stay at peak performance without the constant hustle and grind that ultimately leads them to burn out.

Helping individuals and organizations break free from burnout is Erin's mission with every keynote. Her three practical and easy-to-implement steps, coupled with her unique and inspiring message lead to real, measurable outcomes. Audiences leave feeling excited, re-engaged, motivated and fired-up again, not only about their work, but their lives. And most importantly, they leave with a toolkit they can put to use immediately to start seeing results quickly.

#### **As a result of this program attendees will:**

- Identify burnout warning signs before it's too late.
- Reevaluate priorities and processes to increase energy and joy.
- Cultivate a mental health toolkit to maximize wellbeing when overwhelmed or burnt out.
- Transform their perspective to increase resilience and sustain peak performance.
- Feel seen, heard and hopeful.

### **Hyper-Growth Happiness: Reengage, Reconnect and Reinvigorate Your Workforce**

Remote and hybrid work is here to stay. But keeping teams happy and productive has created a new paradigm, especially when hyper-growth is involved. Leaders are struggling to recruit, engage and retain employees while maintaining a company culture that is strong, inclusive and thriving.

In this practical, tactical session, Erin lays out the three-step process she used as the head of marketing for the nation's largest healthcare staffing company to keep over fifty thousand clinicians and three thousand corporate employees engaged and connected, all while the company grew by 27x. If you want a new model and actionable tools to reinvigorate your workforce, create a thriving community, maximize retention and breathe life into a tired and overwhelmed group, Erin's message will do that and more.

#### **As a result of this program attendees will:**

- Discover a new human-centered way to connect with their teams.
- Understand what makes their teams light up and how to reignite that flame.
- Create a renewed feeling of trust and community within your team.
- Build a culture of belonging where team members know they can ask for help.
- Gain actionable take aways to boost team morale immediately.

### **The Slingshot Method:**

#### **Get Unstuck, Discover a New Path and Find Your Way Without Burning Out**

Big, audacious goals are what drive successful individuals and companies forward. But often, these goals can feel so far out of reach for individuals and teams that they end up feeling stuck, scared and unsure of how to get started.

Based on personal experiences of spotting a seemingly unattainable desired outcome and conquering it anyway, and hundreds of interviews with some of the world's highest achievers who have done the same, Erin reveals a step-by-step approach to seizing the opportunities you crave without starting from the bottom or burning out along the way. If you want to supercharge your audience, help individuals and teams become more confident and self-reliant, even when facing challenges or starting over, build tenacity, resilience and courage, Erin's message will do just that.

#### **As a result of this program attendees will:**

- Discover it's never too late to live the life of their dreams.
- Understand how to use envy as energy to make a change.
- Recognize how to pivot without starting at the bottom.
- Learn Erin's simple three-step process to make any dream a reality.
- Walk away with a new lease on work and life.