

# ELEVATE YOUR Q NEWSLETTER



## WHAT YOU FOCUS ON, GROWS - AND I'M LIVING PROOF

A few years ago, I found myself constantly reacting to situations – big or small – from a place of urgency and emotion. It felt like everything was happening **to** me. Until one day, I realized: I can't control what comes my way, but I can choose how I respond.

And that choice... it changed my life.

Since then, I've been on a deeply intentional journey to reshape my mindset. By embracing tools and perspectives grounded in positivity, I've learned how to pause, reframe, and respond with purpose.

The result? More peace. More clarity. More joy.

That's why the philosophies behind *The Energy Bus*, *Power of Positive Leadership*, *Power of a Positive Team*, and *Difficult Conversations Don't Have To Be Difficult* aren't just certifications for me – they're lived experiences. They've helped me create deeper connections, lead from a stronger center, and coach others to do the same.

Here's the truth: positivity isn't about putting on a brave face – it's about knowing you hold the power to steer the moment. And when we bring that energy into our teams, our leadership, and our toughest conversations, transformation happens.

Ready to create your own ripple of positive impact?

Come along for the ride – let's explore how mindset can elevate your leadership, your life, and the people around you.

**Schedule a virtual coffee with me to discuss ways I can assist you or your team with reaching your goals!**

LEAD AND  
EMPOWER HER *She*  
—TALKS—

*She Talks is a transformative movement dedicated to empowering women by providing platforms for their voices to be heard and celebrated.*

*I had the privilege to contribute to the June issue of **She Talks Magazine**. Learn more about my story on page 63!*



**A Catalyst For Change**