



September 24<sup>th</sup>, 2017

## Motivational Speaking Topics

### 1. Do you really know how to protect and preserve your Energy?

*Everyone talks about food and exercise, but this talk is about how a lot of ordinary things we do every day actually undermine our energy and therefore our ability to function properly, attract what we desire, be focused and be productive. Learning practical ways of protecting our energy enables us stay away from the unexpected and little-known traps of everyday life.*

### 2. Saying NO: small word, big challenge

*Why is it so hard to say no? While some people seem to think that it is only a question of wanting/deciding to say NO, studies and research have shown that the reason behind our NO-resistance are genetic, cultural, emotional and stem from beliefs and notions that are everything but easy to get rid of.*

### 3. Nothing is obvious

*We are used to thinking that what is **logical** rules our world, that causes and consequences are **obvious** and that we can only realize our objectives when we stick to the rules of the mind. Surprisingly, 80% of what happens in our lives is far from logical and miles away from the expected. And that's the beauty of it. (Related topics: lateral thinking, concept of problem, opportunity, blessing, judgement).*

### 4. Why your Company needs Personal Development Training

*"What if you train them and they leave? What if you don't train them and they stay?" has been a very hot discussion topic recently. My perspective is: both questions stem from an inherently distorted concept.*

### 5. The biggest fear: Change.

*In my experience as a Life/Business Coach, one of the most debated and difficult aspects that my clients have to deal with is the fear of change and the inability to deal with it. Even, and especially, positive change. But once you conquer and overcome that fear, you can truly go beyond your wildest expectations. Learning how to embrace change contributes to mental and physical health.*

### 6. Beliefs and Habits: where they come from and what they do

*This talk is about how we think we are free and open but are actually chained and weighed down by beliefs and habits that permeate and define our existence. It's surprising to see how many of them we have and how they affect our everyday decisions and experiences without us even knowing. It's interesting to see how they are formed, how we can learn about them and get rid of those we don't need and form new ones that can help us evolve.*

### 7. Know the Five Wounds and improve your relationships

*By learning about the Five Wounds, we can learn how to improve and enrich your relationships, both at work and with our loved ones. It's a very revealing journey inside why people act and react in a certain way. Lots of practical examples and ready-to-use techniques for improving relationships every day.*

### 8. Your past: friend or foe?

*This talk is about how to make sure your past is a well you can draw your energy from and not something that paralyzes your evolution and weighs you down. Too many people feel they are defined by their past and cannot break the chains to embrace the present. I usually mention the concepts of blame, judgement, self-sabotage and secondary benefits in the talk.*

### 9. The secrets of Body Language and nonverbal communication

*Only 7% our human communication happens through words. All the rest happens through nonverbal communication: our eyes, face, posture, voice, say a lot more about us than any other well-rehearsed speech ever will. Learning about nonverbal communication helps decode the behaviour of others, their real intentions and, ultimately, helps us avoid missing the desired target.*

### 10. Women and confidence: genetics or society?

*The age-old conundrum: why women who are most of the times objectively better equipped than men end up not getting that job, that position, that salary? A talk on what has been (lately) called the *confidence code*.*

### 11. The Law of Attraction: so much more than a New-Age concept

*Depending on how it's handled, the Law of Attraction can be a very entertaining or a very serious and revealing concept. Whether we like it or not, the LOA works every day in every little thing that we do or don't do, so knowing its principles and how it works is imperative. Not to mention...very exciting!*

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