

THE FREEDOM KEYS

Confident – Courageous – Committed

Managing Burnout and Retaining Female Talent Signature Talks

Raising the Bar: Four hidden secrets to peak performance

In this talk you will learn:

- The four blocks that stop you from reaching your full potential
- How substitute pleasures impact your performance and what you really desire
- The research behind progress over perfection and how perfection is an illusion
- A simple practice for making powerful decisions that will take you to new heights



After attending this talk, you will have a clear understanding of the 4 blocks that stop you from reaching your peak levels of performance. You will walk away with tools that will help you move from indecision to making powerful decisions that will catapult your life and your career.

Road to Resilience: Break the fear cycle & bounce back from failure & disappointment

In this talk you will learn:

- Five healthy habits to minimize stress
- Why removing the need for perfectionism and “doing it right” is essential to your success
- The research on how the power of presence is the hidden element to resilience
- A few simple practices to help you start building your resilience muscle

After this talk, you will have a clear understanding of how the need to be perfect & the fear of failure create unwanted stress. You will walk away with tips & new awareness on how to move from a state of doubt to feeling confident in achieving any goal & break the cycle of feeling exhausted & stressed.

Burnout to Bliss: Ditch the burnout and reignite your spark

In this talk you will learn:

- How to know when you are on overdrive
- Why managing your energy is essential to being a more effective leader
- The importance behind listening to your gut instincts
- 7 practical steps to help you SLOW DOWN and manage your energy

After attending this talk, you will have a clear understanding of how to move from a state of feeling overwhelm to feeling alive, vibrant and full of energy allowing you to feel more productive and accomplished in life and business.

Dare to Set Boundaries: Say YES to you & NO to others w/o losing respect or credibility

In this talk you will learn:

- The top reasons behind why saying NO feels so hard
- The benefits of stopping the worry about what others think
- The facts behind how saying yes to YOU enables you to be MORE productive
- Tips for setting healthy boundaries and owning your choices without feeling bad

After this talk, you will see the value of how setting clear healthy boundaries enables you to increase your credibility & command respect. You will walk away knowing that you don't have to feel ashamed of what you want. You can stand in courage & unapologetically do what feels good to you.

Please contact our CEO & founder **Jen Bugajsky** at **630-674-4228** or **Jen@thefreedomkeys.com** to schedule a call or book her for your next event to help your workforce unlock their presence power and potential.