



“Make Living Your Priority”
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Presentation Description

This keynote presentation will provide ways you can take care of yourself while building a community and leading the way together. This is an interactive presentation and discussion with activities! Please feel free to participate and share what you feel most comfortable with.

Lead the Way Together	
Details	
Objectives	1.1 Learn how to handle stress and practice self-care. 1.2 Identify your leadership style. 1.3 Learn how to build a basic business plan. 1.4 Identify ways to build community and lead together. 1.5 Learn how to battle your inner fear and win.
Resource	<i>Get Your Mind Right, Get Your Money Right! The Mental Health Guide for Successful Entrepreneurs by Dr. Holly Sawyer</i>
Group Activity #1	Resource: Stress and Coping Self-Test Read 18 questions about how you feel and how things have been going with you during the past month. Mark the best response that applies to you. Results will vary.
Group Activity #2	Poll Question #1
Group Activity #3	Poll Question #2
Group Activity #4	Discovering Your Leadership Style
Group Activity #5	Building Your Basic Business Plan
Group Activity #6	Community Builder
Group Activity #7	How to Battle Your Inner Fear and Win
Closing	Take-A-Ways and Questions