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SPECIALTIES

- Workplace trends in 2022-23
- Confidence building
- Identifying blocks that keep us from succeeding
- Setting boundaries
- Goal setting and achievement



ABOUT ANGELA

Angela is a solopreneur coach who helps business owners define their ambition, own their power and eliminate head trash they can focus on building their business.

Angela is a Certified Professional Coach (CPC). She is a sucker for animals and loves meeting new people. She and her husband, Barry, live in Indianapolis with their dogs, Abbey and Murphy.

ANGELA JORDEN

SPEAKER PROFILE

PRESENTATION TOPICS

Reclaiming Your Power: Saying No Without Guilt

Do you over commit and leave little time for yourself? If you're burned out, you can't thrive. Setting boundaries is a necessary, effective way to put time and energy back into your "gas tank." During this presentation you will learn:

- The Science of "No"
- Fear of Missing Out (FOMO)
- Tactics to help you reclaim your power and practice self care

Workplace Mental Health in 2022-23

The COVID-19 pandemic prompted people to stop and really think about what they want in a career. Work isn't just a way to pay bills. During this presentation you will learn:

- The Great Resignation
- Languishing and Burnout
- Tactics to create a work/life balance

Stop the Head Trash

Beating ourselves up has become a daily routine. "I look fat in these pants," or "I'll never find a job." Good news! We can eliminate those limiting thoughts and throw away the "head trash." In this presentation you will learn:

- How negative thoughts can affect us physically, mentally and emotionally
- How to identify head trash
- Tactics for overcoming limiting beliefs



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