



Signature Keynotes

Robin's 5 topics make impactful stand-alone keynotes, and they can be combined into a powerful training series. Robin helps your people have *Joy*, NO MATTER WHAT™



3 JOY BOOSTER: FEEL LIKE YOU AGAIN!

To keep serving others, running on fumes won't cut it – you've got to have joy in your own bucket. You've seen the "choose joy" merchandise. You like the idea of choosing joy, but you don't know how to go about it.

Joy seems challenging in our complicated world, and no one is teaching the "how" part of the "choose joy" message... until now. In this session, you'll examine how your choices impact the level of fulfillment you have at work and at home... and where improvement can be made in a hurry.

Because choosing joy begins with understanding the difference between happiness and joy, you will learn the difference and discover 4 fun steps to help you have more actual joy and feel like YOU, fast. You'll be able to recognize where to find joy personally and you'll want to help your colleagues do the same.

We'll identify the #1 thing that stops givers from having more joy in life and address it head on. And while we're there, we will invite the wonder of childlike thinking back into our days and feel the difference it makes for us, our team members, and our customers. It's a sure thing, this session with Robin will help you laugh your way to real change!

LEARNING OBJECTIVES

Participants will:

- Uncover the difference between joy and happiness, become aware of which one they put more effort into, and explore why it matters.
- Create a personal Joy Bucket™ List.
- Investigate their personal beliefs around feeling good and challenge what stops them from having more joy in life.
- Quickly master a helpful, memorable strategy to help combat any head trash that keeps them from having the same joy they encourage others to experience.
- Create an easy action plan that allows them to have more fun each day.