



## CONTACT

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## SPECIALTIES

- Workplace trends in 2021-22
- Confidence building
- Identifying blocks that keep us from succeeding
- Setting boundaries
- Goal setting and achievement



## ABOUT ANGELA

Angela is a life and corporate coach. She empowers professionals by helping them adopt a positive mindset, tackle behavioral issues, identify limiting beliefs and bolster their confidence.

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 dog, 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

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 so fat in these pants." "I'll never find a job." The good news is, we can identify our 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

