

Elizabeth Dickinson's current speaking  
topics and workshops

# Pursue Your Path



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your path, please visit  
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## Coach Others: Simple Coaching Tools Everyone Can Use

*Do you wish you could assist others to achieve important goals — without manipulating, nagging, or pushing them? Do you wish your organization could adopt a more effective management style?*

Gallup reports that only 30% of the American workforce is engaged at work. Disengagement directly correlates with diminished productivity and profitability. Leaders, managers, and others, including parents, who adopt a “coach approach” can assist team members, colleagues, and children to be more engaged for work and for life.

When people are engaged,

- ✦ they make better decisions
- ✦ they set and reach goals
- ✦ they approach challenges in a way that maximizes their potential for success

Savvy managers, hungry for pragmatic methods to improve work performance, will find solutions and suggestions in *Coach Others* about how to extend coaching support to their employees and colleagues — as will anyone who wants to increase their positive influence in the world.

*“Elizabeth is an extraordinary and passionate leader who helps others pursue their best life both personally and professionally. She’s a great speaker and has a knowing wisdom, driven by experience and education, that helps audiences recognize opportunities and create their path forward.”*

— Stephanie Menning, CAE, IOM, Energetic Women, Midwest Energy Association

## Leadership Using Active Listening

*Is your workplace and are your relationships emotionally safe enough so people bring their most creative and productive selves to work?*

Active listening creates emotional safety in the workplace. A Forbes study showed that, if employees had to choose between good communication and good listening in a leader, they would choose a good listener. A Columbia University research study found that good listening skills had a stronger effect on the ratings of influence than talking did.

Smart leaders and managers looking to deepen their influence will discover simple tips and techniques in *Leadership Using Active Listening* that will strengthen their employees’ trust and develop their team’s capacities.

Learn to create safe spaces where team members, clients, and colleagues are heard and valued.

*“Elizabeth was able to bring real-world experience to the discussion about listening. Her passion for helping others learn the benefits of listening were evident throughout her time with NARI. She was able to clearly engage the audience in meaningful and useful discussion.*

*Our members commented that her ability to take listening concepts and assist them in applying the concepts to their specific questions and concerns was impressive. We definitely would ask Elizabeth to present at another meeting in the future.”*

— Nicholas Paul Cichowicz, JD, ED, National Association of the Remodeling Industry, Minnesota



Elizabeth Dickinson

Speaker and Certified  
Life Coach

M.A. Holistic Counseling  
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Elizabeth will be happy to design a  
custom presentation for your group  
upon request.

## From Stress to Success

*Do you sometimes feel overwhelmed by all you have to do, but you are never able to get as much done as you think you 'should'? Do competing demands of work and home split you into pieces until it feels there's nothing left for you?*

Chronic stress may lead to anxiety, depression, digestive and sleep issues, heart disease, weight gain, and memory/concentration impairment.

Techniques in *From Stress to Success* are based on the latest neuroscience about what causes stress and how it affects our nervous system.

- ✍ You will learn to mitigate or eliminate the negative effects of stress.
- ✍ You will leave with an action plan to create relaxation and ease in your life.

*"As the Director of the Performance Excellence Network, I work with many presenters. Elizabeth's presentation on managing stress was one of the most well-done presentations I've participated in. Her content, audience engagement, and presentation style were outstanding."*

— Beth Neu, MA, Director, Performance Excellence Network – Twin Cities Region

## Authentic Living, Authentic Leadership

*Do you and others in your organization have life-work balance? Do you and others know how to prioritize your life, so that what you know is most important actually gets done?*

Learn how to evaluate your life and determine whether or not your life is in line with your personal values. Commit to your own priorities — and prevent yourself from being derailed by procrastination and doubt, so you live and take action toward a personally meaningful life.

*"Elizabeth is soft-spoken but has a commanding presence, because her ideas are well-researched and delivered. I'd recommend anyone looking for a public speaker to hire her for any topic she presents. She emanates positivity, support, and tenderness."*

— Kimberly Anez, Senior Administrative Specialist, Metropolitan Council of the Twin Cities

## Maintaining a Sense of Inspiration & Motivation during Challenging Times

*We all have experienced what it means to feel inspired and connected to what and who we love. But do you know how to stay motivated and find inspiration and connection during challenging times?*

At this workshop, you will learn

- ✍ what you need to do to refuel your own motivation and support
- ✍ what will keep your team feeling inspired, with a sense of meaning and direction

*"I left feeling blessed and refreshed. I was impressed by how quickly Elizabeth moved into dialogue. The room was so quiet you could hear a pin drop. I had never witnessed a one-on-one in a group with the results she achieved. Our colleague's attitude became positive. I could see that she was at peace by the expression on her face. It went from stressed to joy and contentment! Awesome work!"*

— Larry J. Norgren, Minnesota Lupus Foundation

## Creating a Success-Oriented Inner Team

*Do you judge yourself harshly for things you do or feel (or don't do or feel)?  
Do you sometimes feel like you're your own worst enemy?*

Everyone has aspects of their personality that feel uncomfortable or embarrassing. Dealing with those inner voices or sub-personalities can feel jarring.

Learn how to talk to, work with, accept, or transform parts of your personality (including the parts you don't like), to work for you in your life and work.

*"Elizabeth was delightful as she assisted our engineering members in looking at their inner personalities, which share a place in everyone's leadership potential. Amid overloaded and hectic lives, she helped people relax, focus, and feel the affirmations of being heard. We look forward to working with Elizabeth again!"*

— Dana Wheeler, Executive Director, Minnesota Government Engineers Council