

CONFIDENCE TO IGNITE PERFORMANCE

KEYNOTES
WORKSHOPS
COACHING

“The way Nathalie explains how to reframe some of my thinking about one major obstacle will unlock potentially MILLIONS OF DOLLARS in revenues.”

Greg Schinkel
President
Unique Training Development



Nathalie
Plamondon-Thomas
Confidence Expert

8x International No.1 Bestselling Author
2021 Canadian Presenter of the Year

THINK Yourself®
www.thinkyourself.com
778-899-0260

CONFIDENCE TO IGNITE PERFORMANCE

FOR ALL TEAM MEMBERS

Our team members bring their personal problems to work which affects their performance.

Our workplace tends to be triggered by a few “bad apples” and can quickly become very negative

Too many employees resist the changes we need to make.

Our team needs tools to be more resilient when it comes to face daily challenges.

We believe our sales could easily double if everyone was giving their 100%.

Team members’ strengths are not maximised which makes them look elsewhere for the talents to be recognized.

FOR YOUR LEADERSHIP TEAM

Our directors and managers need to act on facts and make strategic decisions instead of reacting out of emotions.

Some of our leaders have been promoted by seniority and do not have the necessary skills to manage a team

Our staff turnover is very high. Our hiring and retention processes need to be reviewed.

Our leaders do not get along with all their team members or the team members do not get along with each other.

Our management team would benefit from understanding the differences between the individuals and how to approach each type.

www.thinkyourself.com

Contact Nathalie: nathalie@thinkyourself.com - 778-899-0260



Your team already has everything they need.
They know what to do. They simply need specific tools
to get rid of what is holding them back
from their full potential.

If you want to transform your workplace,
it starts with teaching your team how to use their own
brain to achieve peak performance.

Here's what I've learned:

YOU ARE AWESOME

FACT: Everybody has a brain.

PROBLEM: People rarely achieve their full potential.

SOLUTION: Let me teach you how to use your brain's
full power.

“Your team needs to make decisions based on their skills and knowledge. Not out of fear or limiting beliefs created by past negative experiences. It is time to get rid of what may be holding them back from giving their 100%.”



HOW NATHALIE CAN HELP:

1

KEYNOTES/WORKSHOPS

- PERFORMANCE
- COMMUNICATION
- RESILIENCE

ORGANIZATION WIDE

Conferences with your team to light up their inner fire. Inspiration, motivation, confidence. Targeted workshops to develop communication, talents, teamwork and performance skills.

2

ONE-ON-ONE STRATEGIC COACHING

- REMOVING OBSTACLES TO PERFORMANCE
- IDENTIFY & MAXIMIZE INTERNAL DRIVERS

LEADERSHIP TEAM

Focused strategy sessions with your management team to overcome personal obstacles & optimize individual performance. Meta-program interviews to identify the internal drivers that fuel them.

LIGHT UP your inner *Fire*

CONFIDENCE & FOCUS to Ignite Performance

Studies reveal that 85% of people suffer from a lack of self-confidence, while 70% admit to experiencing imposter syndrome at work. This draining negative self-talk leads to procrastination, creates unnecessary stress, and wastes valuable time and energy. Negative self-talk also creates resistance to change as employees struggle with uncertainty and convince themselves they can't learn new skills or adapt to the changes facing them.

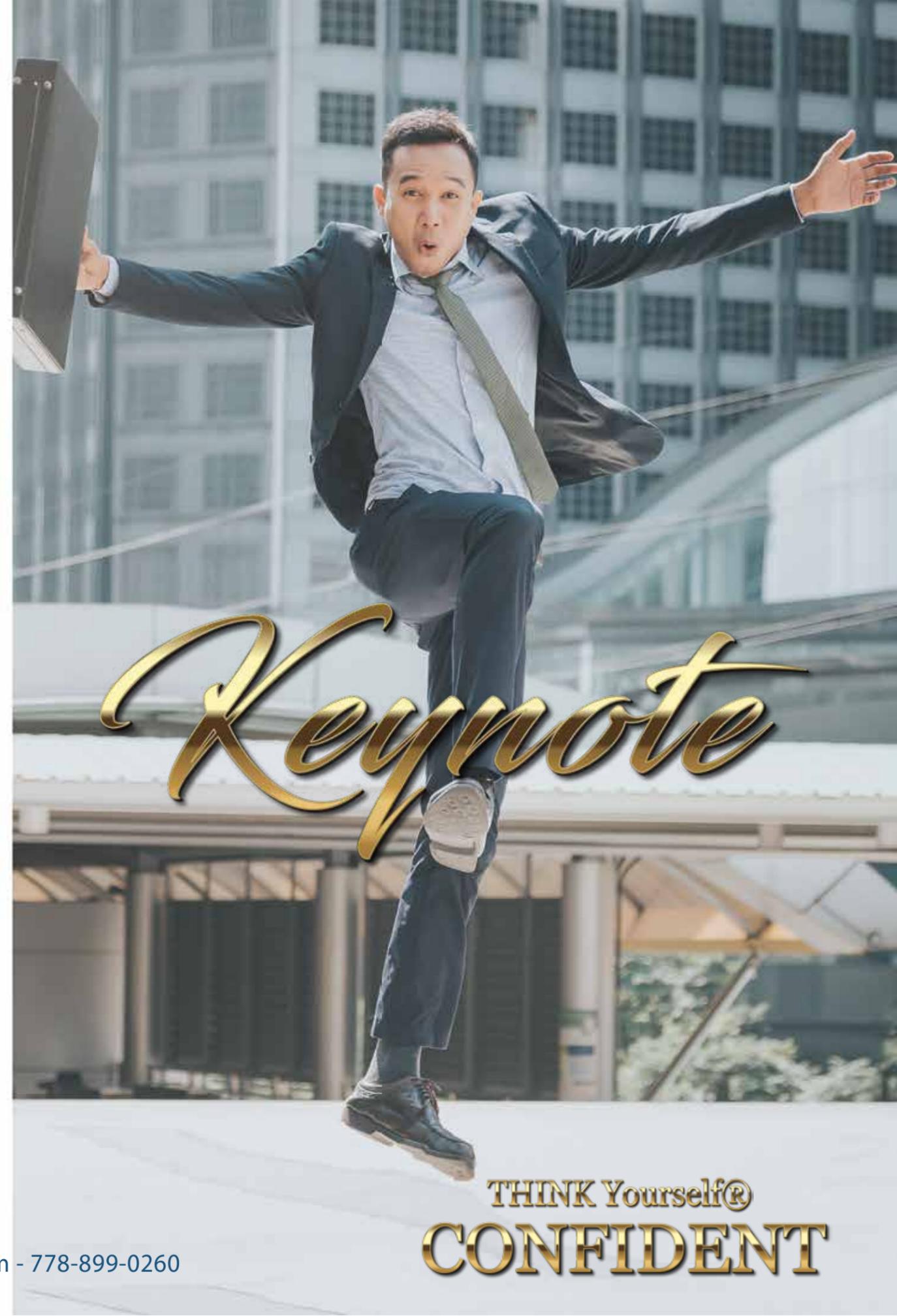
A lack of self-confidence can lead to toxic work environments, demotivated employees, and unnecessarily high employee turnover rates. A lack of focus leads to excessive "squirrel brain" at work - contributing to even more stress and creating an enormous drain on productivity.

Conversely, when employees learn to be more confident and focus their thoughts, they will be happier, more innovative, and far more productive. They'll communicate with greater confidence and clarity. They'll experience far less stress. And they'll be more likely to step up as a leader on their teams.

And when your employees gain more confidence and focus, the impact will be felt throughout your team, and ultimately, your entire organization!

Nathalie's THINK Yourself® CONFIDENT keynote is engaging, fun and informative. Whether it's frontline employees facing disruption, salespeople struggling with how to handle rejection, or first-time supervisors needing a dose of confidence to step into their new roles, the proven system Nathalie shared in her 8 International No.1 Bestsellers will help your team perform at their fullest potential!

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KEY MESSAGES

- **Brain Basics:** What neuroscience teaches us about harnessing the power of our brains to unlock our potential and improve performance.
- **The Power of Positivity:** Learn an effective tool that will help employees stay motivated and feel more positive – even during challenging times!
- **Responding vs. Reacting:** Discover a simple and effective technique that will help your employees choose a healthier response in the face of a conflict or stressful event.
- **Fixing Negative Self-Talk:** Learn a two-step technique that transforms negative self-talk into energizing positive talk.
- **Working on Purpose:** Work has an enormous impact on our lives and a sense of purpose is the #1 motivational influence at work! How focusing on purpose helps employees overcome obstacles and remain energized.
- **Leading for a Change:** Ideas to help employees be more resilient while embracing change instead of running away from change!
- **Collaborative Confidence:** Research shows that when just one employee underperforms, the entire team's performance suffers. Conversely, creating more confident employees leads to vastly improved team and company-wide results!
- **Turning Ideas into Action:** Leveraging the power of an accountability partner to make sure the strategies and ideas last!

LOVE

the co-worker that drives you

Nuts

COMMUNICATION: Teamwork, Conflict Resolution & Collaboration

People don't leave their job. They leave the boss they don't respect or the co-worker that drives them nuts!

Demotivated employees and high employee turnover rates are extremely costly. Presenteeism, where employees show up at work, but not to work, is also a huge, often overlooked, financial drain. Strong interpersonal relationships are critical for a healthier, happier, and ultimately more profitable business.

Equipping your team with tools to recognize their own personality style and to learn what motivates them will create a more positive workplace environment that focuses on their strengths. Using the STYLE-L.I.S.T. Personal Assessment Tool, this workshop helps participants to learn more about themselves – leading to better communication skills and stronger interpersonal relationship.

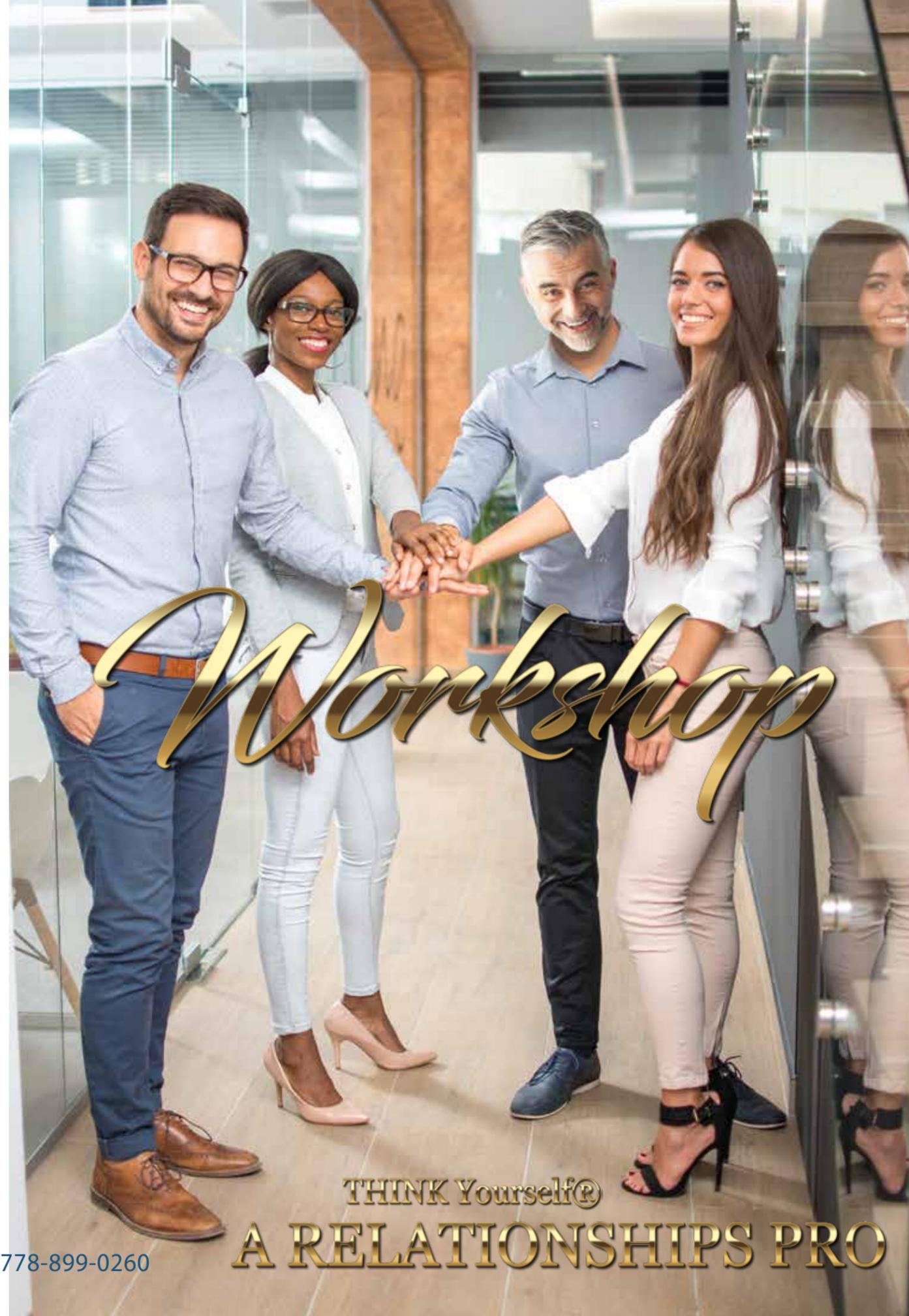
Teaching your employees how to recognize their own style along with the style of their co-workers, subordinates, and superiors, will give them a better understanding of the differences between personality types.

Giving them tools to communicate effectively with each style will ensure everyone feels heard and appreciated, creating an environment of respect, camaraderie, and collaboration.

Making sure they can communicate effectively within and outside the organization will foster an environment that reduces your employee turnover and absenteeism rates and allow for a workplace where people truly enjoy spending five days a week.

Yes, going to work really can be FUN!

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KEY MESSAGES

- **Leveraging Differences:** Discover the 4 personality styles using the STYLE-L.I.S.T. Personality Assessment Tool and tap into the strengths of the Leader, the Influencer, the Supporter, and the Thinker.
- **The 6 Levels of Success:** Understand the 6 key levels of a person's self that need to be addressed to implement positive change.
- **Busting Silos.** How to create an environment that promotes more collaboration and camaraderie.
- **Say What?** Learn specific language that will help everyone communicate better with each style.
- **Shifting from Conflict to Cooperation.** Improve your employees' listening skills so that everyone feels truly heard and appreciated. Learn what buttons to not press with each style to avoid or resolve conflicts and manage difficult conversations.
- **Keeping Your Employees:** Increase employee retention & improve team dynamics by identifying limiting beliefs, reframing those beliefs, and understanding what values matter to each style.
- **Trust Me!** Create a psychologically safe space for more open and honest interaction between each style by understanding who employees are as individuals. Increased trust and respect happen when employees see each other as people beyond their titles or ranks in the company.
- **Working on Purpose.** Learn your employees' internal drivers and what motivates them to come to work every day and how to inspire them to be their best.

INTERNAL Drivers

META PROGRAMS

Have you ever hired a manager based on their perfect answers during the interview process only to discover after their three months review that they were not a good match for the job and the team after all? Have you ever started on a position that you loved at first sight only to dread Monday mornings down the road?

You are not so sure how to prevent these situations from happening, nor how to fix it when they occur. They can be explained, prevented and rectified using people's internal drivers or meta programs.

Meta-programs are mental shortcuts that direct your decisions, behaviors, actions and interactions with others. They are systems that control other mental processes at a higher level (meta).

PREVENT

- You spend thousands of dollars in recruitment fees to find the right candidates for your leadership roles. Nathalie helps narrow down the choice by conducting a Meta Program Interview during the hiring process. Depending on the role you are hiring for and the meta programs of the rest of team,, a specific set of internal drivers will be designed for the position.

IDENTIFY & RECTIFY

Meta Programs interview with the existing team to make sure they are in the right role. Initially it was thought that Meta Programs could not be changed, that they were "hard-wired" features which varied from one person's brain to another. But research by Robert Dilts led to the discovery that Meta Programs could, indeed, be modified, nuanced, and even replaced. Nathalie works one-on-one with your key team leaders or team members that need to acquire a specific mental process that would benefit their role.

Confidence THROUGH OUR INTERNAL DRIVERS



One-on-One Sessions



STRATEGIC Coaching

FAST-TRACK SUCCESS

If a leader in the organization has been back-stabbed in their previous position, they may have a harder time trusting their team now. What is a team without trust?

If a manager has experienced a personal trauma even way back in their childhood, or is currently going through a divorce, has a substance-abuse problem, has difficulties communicating with their teenage-daughter or whatever is occupying their mind, they don't leave these thoughts in the parking lot when they arrive at work.

Our past and current experiences influence our day-to-day decisions, which impacts the organization's bottom line.

DO YOU GOT TO THE DENTIST?

Even people who brush their teeth on a regular basis, floss, rinse, etc. still need to go the dentist a few times per year. We cannot fix a cavity ourselves just by brushing and flossing our teeth. The dentist has special tools to scrape all the unwanted stuff off our teeth and fill the cavities. We are not bad people because we need to go to the dentist. There are things we just cannot remove or fix ourselves. It is the same for our brain.

Think of Nathalie like a dentist for your brain. She uses specific processes to disconnect the emotional connection from the events impairing your judgement and keeping you from being your best.

Everybody needs a good clean up once in a while even if they have a perfect dental hygiene routine!

"You can take a horse to water, but you can't make it drink". Somehow, Nathalie can.

CHOOSE YOUR SOLUTION Two Levels of Impact

INTRODUCTION

SINGLE EVENT PLUS

One Keynote or Workshop Presentation

One Promotional Personalized Video

Staff Enrollment to the
THINK Yourself® ACADEMY Motivational Tips

One Follow-up
e-Resource (article or video)

One Post-Event Survey Summary

One Follow-up Video

Three Paperback Books

CHOOSE YOUR SOLUTION Two Levels of Impact

IMPACT

SIX-MONTH PROGRAM

Two Keynotes or Workshop
Presentations

Two Promotional Personalized Video

Staff Enrollment to the THINK Yourself®
ACADEMY Motivational Tips

Three Follow-up
e-Resources (articles, videos)

Two Post-Event Survey Summary

Two Live Virtual Debrief with the Team

Twenty Enrollment to THINK Yourself®
CONFIDENT Online Course

Licensing/Recording
of Presentations for 30 days

Twenty Laser-Focus
One-on-One Strategy Calls with
Members of the Leadership Team

e-Book for Each Employee

Twenty Paperback Books

Nathalie

PLAMONDON-THOMAS

Confidence Expert

"It's never gonna work, you're not good enough!" We don't talk to other people like this. So why do we talk to ourselves like that?

Along the past 30 years, Nathalie has inspired over 100,000 audience members and empowered thousands of clients internationally to get rid of their negative self-talk and unlock their full potential.

Recipient of the 2021 Canadian Presenter of the Year Award, Nathalie works with organizations who want to instill confidence in their team so they can increase performance & reach high potential especially in times of change. She is the Founder and CEO of the THINK Yourself® ACADEMY, offering Keynotes and Conferences, Leading-Edge Online Courses, Laser-Focus Business Strategy and One-on-One Coaching.

She is a No.1 International Bestselling author of fifteen books on success, communication, wellness and empowerment. Nathalie has over 10 years of experience in human resources, 25 years of experience in sales and over 30 years in the fitness industry. In 2007, she won "Fitness Instructor of the Year" for Canada. She is on the national board of directors of CAPS, the Canadian Association of Professional Speakers.

She uses specific brain reprogramming processes in her laser-focus strategy sessions with her clients so they can get rid of what is holding them back from reaching their full potential. She empowers them to find the confidence they need to perform at a fast pace in an ever-changing world.

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NATHALIE

Makes a Difference

“Confidence starts with the way you talk to yourself...”

Nathalie

The way Nathalie explains how to reframe some of my thinking turned out to make this into one of the most impactful session I have attended... Changing my thinking about one major obstacle will unlock potentially MILLIONS OF DOLLARS in revenues.

Greg Schinkel
President, Unique Training Development

Mindset and perspective is everything for me. I continue to grow every day under Nathalie's care and coaching. Balancing life is messy, but I want it all and do not sacrifice any part of me for any one thing. She catapulted me into my new better reality. I fully intend on continuing to work with her for years to come and would recommend her to anyone who aims for the sky and lives with no limits.

Leanne M. Mamchur, CFA, CFP, FMA
Portfolio Manager and Senior Wealth
Advisor Your Partner and Advocate
CIBC Private Wealth

When Nathalie steps into a room, her infectious CHARISMA, high ENERGY and ENGAGING personality captures attention... Her ability to connect with the audience on both a professional and personal level is amazing!

Jen Langan, Western Sales Manager
Indigo Natural Products

The most HELPFUL & SIGNIFICANT session of the entire CAPS convention. (Canadian Association of Professional Speakers).

Donald Cooper, International Management
Consultant & Business Speaker

Fun, friendly, engaging, enthusiastic, REAL. Thank you so very much for all your help with logistics too!! While I really enjoyed the presentation, your assistance along the way helping us with sending messages, coordinating the Zoom installs, and etc was VERY helpful. Our meeting seemed to land right during a time where we were up to our eyeballs with “extra” work tasks and your help was a lifesaver!!!! We look forward to our next meeting planning and have you back!

Cheryl Reeves
|Jacobs |
Administrative Assistant, NW Region

...very KNOWLEDGEABLE, relatable and able to explain things in a way that everyone both understood and found FUN. My staff have repeatedly brought up her presentation since.

Anthony Crage,
Director of Purchasing - SPUD.COM

I have suggested to our Head Office team that it be viewed as THE STANDARD for how a successful training session should go!

Nathan Froese, Assistant Store Manager &
Grocery Manager - Community Naturals

I can't wait to to learn about your organization
and see how I might be able to help.

I've help transform over 100,000 audience
members, leaders, managers, team members
over the past 30 years, helping increase the
company's bottom line by allowing people
to tap into their full confidence. Imagine the
potential if there was no self-doubt, if decisions
were made based on logic and knowledge
instead of fear. What if your team was at their
100%: Reaching high potential full performance!

Please call me on my on my direct mobile
number 778-899-0260.

I am looking forward to our chat..

Nathalie

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THINK Yourself®