



Mastering Energy, Focus, and Time

Do you feel like you never have enough energy or time and when you do, everything and everyone is competing for your focus?

If you could learn how to manage these three well, do think it might be a game-changer in what you could accomplish and how you show up?

You will walk away energized with new zeal with many out-of-the-box, but practical ways you can create small changes in your daily habits and in how you get things done. You will hear multiple science-based hacks and applications that will increase your energy and focus along with 7 Keys to managing time more effectively.

You will discover simple techniques, routine changes and even dietary choices that can fuel your brain, increase your creativity and equip you to accomplish more tasks in less time at a higher level of productivity.

Participants will be able to:

- Avoid the Traps of Low Energy and Limited Focus
- Alter Neurochemistry to Create a Shift in Energy & Clarity of Mind
- Master Powerful Mental Awareness
- Achieve Immediate Results with 7 Practical Time Management Hacks
- Feel Unstoppable with the Application of New Daily Practices

This Program is Perfect For:

- Leaders and/or Managers
- HR Professionals
- Institutions or cultures where stress is high
- Associations & Corporations

Get Started!

Scan the QR code to view a full list of all available speaker topics from IPV Consulting!



www.IPVconsulting.com | (616) 291-0377

@michelle@IPVconsulting.com



Rave Reviews of Our Speaking Engagements



Michelle is very passionate about her work and is an enthusiastic engaging speaker that not only captivates your attention with topic content, but also engages you as part of the learning.

Derek Wood
CFO of West Michigan Transport



Michelle Steffes led an interactive talk and presented science-based information in a fun and engaging way. This is great stuff – professionally and personally!

Debra Hintz
CIO, VP Grand Rapids Community College



Michelle is outstanding, goal-oriented, and dedicated to achieving what others only dream.

David Pace
CEO, Business Speakers Bureau & Entertainment



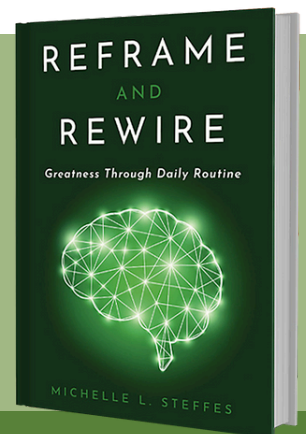
“Michelle was amazing & inspiring! I have been to many of these conferences and this was, hands down, been the best keynote”

Carie M Gort
Business Development Coordinator at Spectrum Health



Speaker Michelle L. Steffes

With more than two decades of leadership and 10,000 hours of study in the science of human behavior, CEO & Founder, **Michelle L Steffes** has created a winning “people-first” formula for developing high performing individuals, leaders, and teams.



www.IPVconsulting.com | (616) 291-0377
@michelle@IPVconsulting.com