



Peak Performance

Managing a Powerful Mental & Emotional State

Do you sometimes wish you could manage your emotions more intelligently? (i.e. remaining calm under pressure, staying motivated, resisting offense or having more influence.) Creating a powerful mental and emotional state is a critical factor in today's workforce with significant predictors of success in both team and individual performance.

During this impactful, engaging session, Michelle will reveal how to manage and conquer both inner and outer saboteurs that prevent mental agility and positive communication skills. You will be given immediate and practical applications using the 5 elements of Emotional Intelligence (Self-Awareness, Motivation, Self-Control, Empathy and Social Skills).

Speaker Michelle Steffes will also provide a unique understanding of how our emotional state can be transformed through rewiring the brain with simple changes made in small daily decisions, ultimately providing a clear road map to achieving high performance in your inner and outer life.

Participants will be able to:

- Learn their score in Emotional Intelligence – (EQ) Emotional Quotient
- Clearly Understand each of the 5 Elements of EI and how they affect their inner and outer life.
- Identify their own Inhibiting Mindsets & Emotions
- Learn how to Retrain the Brain through Small Changes that create BIG Results
- Develop a Powerful State of Mind in all Situations

This Program is Perfect For:

- Executives, Leaders and/or Managers
- HR Professionals
- Corporations & Associations
- General Audience

Get Started!

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



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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”

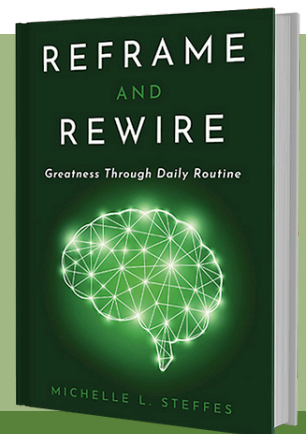
Carie M Gort

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.



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