

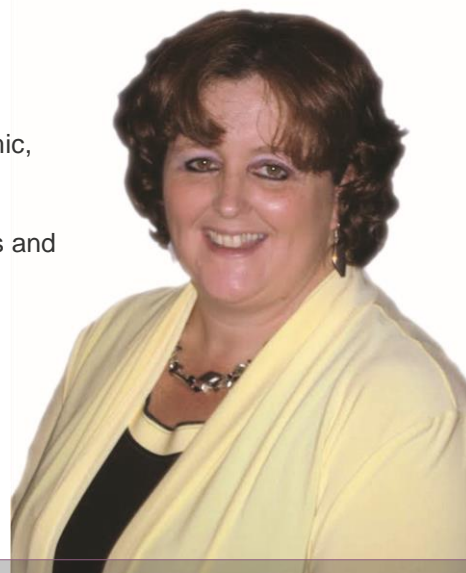
Fay Prairie MS NCC

Fay Prairie is a professional counselor, relationship/mindset coach, and a dynamic, energetic speaker.

Fay translates the latest fascinating research in positive psychology, mindfulness and emotional intelligence into practical and powerful strategies.

These strategies create successful relationships and positive mindsets which ultimately lead to higher levels of engagement and productivity.

Fay connects and motivates her audience with her authentic and down to earth style. She's passionate about empowering people to achieve their full potential.



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NAVIGATING INTERPERSONAL RELATIONSHIPS

Research shows that 85% of your success and happiness is due to your Social Intelligence (SQ) and only 15% is due to your intellectual intelligence (IQ). Improve your skills to build successful relationships with clients, customers, employees, and colleagues.

- Elevate the way you speak, listen, and interact with others.
- Transform conflicts and complaints into win-win solutions.
- Create trust, rapport and credibility.

KEEP CALM and CARRY ON

Job stress costs American businesses over \$300 billion a year. What is it costing you in sick days, turnover, morale, conflicts, and mistakes?

- Gain control over being overwhelmed and burned out.
- Increase focus, efficiency and productivity
- Convert negative reactions to positive responses

IGNITING WORKPLACE ENTHUSIASM

Research estimates that only 30% of employees feel inspired by their jobs. Mastering positive and growth-oriented mindsets are the greatest contribution to higher productivity and a positive work environment.

- Enjoy more purpose, fulfillment, and meaning.
- Boost personal excellence and professional performance
- Enhance teamwork.

“Brilliant ideas to take back, positive energy—excellent presentation, very interactive, grabs audience attention, very informative, strong presence, very relevant, exciting—it left me wanting more—I could have spent the whole day listening to her.”

Available for:

Keynotes
Breakout Sessions
Workshops
Coaching and Consulting

Presentations may be customized specifically for your audience, whether it be a 20 minute keynote or a two-day workshop.



Prairie
Perspectives

Speaking Topics