

Fay Prairie is a professional counselor, relationship/mindset coach, and a dynamic energetic speaker. She combines a degree in business and a master's degree in counseling plus adds extra value with her 25 years of experience.

She translates the latest fascinating research in positive psychology and mindfulness into practical, simple and powerful strategies. These strategies help individuals, both in their personal and professional lives, to lower levels of stress and anxiety, have higher levels of focus and creativity in addition to enhancing teamwork and positivity.

Fay works with individuals and businesses, giving them the support and mindsets needed to be engaged, productive and successful. Businesses today are realizing the best way to help their bottom line is to improve the well-being of their employees.



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Speaking Topics

STRENGTHENING 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.

MASTER MINDSET TO MANAGE STRESS

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.
- Lower anxiety and irritability.
- Shift from worry and frustration to confidence and calm

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.
- Renew enthusiasm
- 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.