

# Fay Prairie MS NCC

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 with 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 stress and anxiety, increase focus and creativity and enhance teamwork and positivity.

Fay works with individuals, schools and businesses, giving them the support and mindsets needed for happiness, success and job satisfaction.



CONTACT FAY

[www.fayprairie.com](http://www.fayprairie.com)

507-829-0181

[fay@fayprairie.com](mailto:fay@fayprairie.com)



### Positive Mindset Makeover

Research estimates that up to 80 percent of our thoughts are negative, yet positive thinking is essential for developing healthy relationships and increasing peace, happiness and job satisfaction; it enhances creativity and problem solving. Positive words and thoughts propel the motivational centers of the brain into action. Learn how to positively upgrade your mindset.

### Is Stress Hi-Jacking Your Life?

Stress shows up as anxiety, irritability, and muscle tension--yet we often ignore the symptoms of stress until our emotions, relationships and physical health start to break down. Learn simple and effective tools to help you get the better of stress before it gets the better of you.

### Pause Into Your Power Through Mindfulness

Eighty-nine percent of teachers said they were strongly enthusiastic when they began their careers but just 15 percent felt the same way today. Classroom demands can lead staff to feel burnt-out or ready to quit. When people bring mindfulness skills into their life, they feel more energized, motivated, positive and enthusiastic. This has a ripple effect on students.

### Strengthening Relationships

Good communication skills are one of the most important skills you can learn; they are the foundation for healthy relationships. Learn techniques to make a significant difference in how you relate to others and how they respond to you.

*“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.”*

### Contact Fay to learn about:

Keynotes  
Breakout Sessions  
Workshops  
Coaching and Consulting

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

Speaking Topics

Prairie Perspectives