



# Ashley Taylor

Ashley offers an engaging experience, prioritizing transformation through interactive exercises and fun over traditional slides and stats!

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“ A MUST to attend! Very inspiring and valuable information that can be helpful in both personal and professional situations. ”

- LISA H.

## Topics & Workshops

### KEYNOTE 1: CLEAR PATH DIALOGUE

A transformative approach that helps teams move beyond emotional roadblocks and into productive, meaningful conversations. By tuning into our mind-body connection, we can identify and process the emotions that often cloud our judgment. This allows us to clear the path for objective, solution-focused dialogue that drives progress.

### KEYNOTE 2: NO FOR YES

Leveraging Boundaries and the Mind-Body Connection for Success: explore how the mind-body connection is a tool to bring freedom from what we do not want so we have room for what we DO want. Through mind-body exercises and real-life examples Ashley teaches how embracing "no" can lead to clearer priorities, healthier relationships, and innovative problem-solving.

## Where Ashley Can Be of Service

- ✔ Opening and closing keynotes
- ✔ Sales conferences
- ✔ Incentive trips
- ✔ All-employee days
- ✔ Employee/associates appreciation events
- ✔ User groups
- ✔ Franchise owners and entrepreneurs
- ✔ Events with any mind-body, yoga, holistic health themes
- ✔ Associations and member events

## Testimonials

It was a very informative session. Anyone who loves learning more about themselves whether it be professional or personal, will cherish these sessions. Ashley was a very engaging presenter and funny!

- JESSICA G.

This was my first time joining these developmental meetings and I can say I am eager to join more now because of Ashley!

- NICOLE C.

She was inspiring and this was a well-timed event considering all that is going on at work and in the world outside of work too.

- KIM R.

## Ashley's Commitments To You

- ✔ Maximize ROI for you and your teams
- ✔ Be a joy to work with and the least of your worries
- ✔ Make your event an unforgettable success
- ✔ Make you look great