

BUILT FOR



TRANSFORMATIONAL
KEYNOTES & WORKSHOPS
FOR ORGANIZATIONS,
TEAMS, AND LEADERS

Today's workplaces are facing a crisis of **burnout, disengagement, and disconnection**. It may be time to **rethink what drives people** and truly impacts performance at work. For healthier leadership, thriving teams, and transformational workplace culture, consider something new. **Consider**

JOY.

THE JOY FACTOR For Teams and Organization-Wide Audiences

Quiet quitting. Burnout. Low morale. Disengagement. These are all signs that workplace culture needs a reset. "Built for Joy" is an inspirational experience that explores how to deepen engagement, build healthier teams, and improve performance through one of the most unlikely, yet powerful drivers of transformation: joy. When people experience joy at work, they don't just feel better. They perform better, lead better, and thrive together. This reflective and inspirational session is available as a 60-minute keynote, 90-minute keynote, or 2-hour workshop.

THE JOY-DRIVEN LEADER For Organizational Leaders

Leadership is in crisis. Burnout is rising, leadership pipelines are shrinking, and more leaders are questioning whether the pressure of leadership is worth the cost. Organizations are losing talented leaders at alarming rates, while employees are increasingly hesitant to step into leadership roles themselves. **This has to change.**

The Joy-Driven Leader is a transformational experience that reimagines leadership through the lens of joy. Rather than leading from constant pressure, urgency, and survival mode, leaders learn how to identify and leverage their "joy drivers," manage their "joy drainers," and build inspiring, sustainable leadership practices that strengthen both performance and well-being. Here's the power of joy: Leaders who lead with joy last longer, lead better, build healthier cultures, and inspire stronger teams. This interactive and reflective experience is available as a 90-minute keynote, 2-hour workshop, or ½-day workshop.



"If you've never been in a room with Dr. Sharla on the stage, you've missed out on a life-changing moment. In 30 minutes, she made me feel like I could change the world and made me laugh (and cry) a lot in the process!"



LIFTED

CONSULTING & STRATEGY
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