



## PRIYA RANA KAPOOR'S SPEAKING TOPICS

### 3 Ways to Give Yourself Permission to Live Your Life

- At Home and At Work.

**Do you feel like you are doing everything for everyone else -  
both at home and at work?**

In this presentation the participants will be given 3 key tools that can be used in their everyday life to help them quell overwhelm, overcome self-doubt and achieve personal success, while continuing to maintain supportive relationships.

**This is the opportunity to balance it all!**

*"When I started to book interviews with employers, Priya's values workshops gave me so many talking points that I could rely on to answer most questions."*

- Max Peck, MBV, Retired US Marine

**In this presentation, the participants will:**

- Identify their Core Values.
- Figure out what they have control over and what they don't, and why that is helpful.
- Learn how to build healthy relationships.

