



CMC, LLC has the ability and capacity to train/coach and discuss a wide variety of topics to support your, your organization or group's personal and professional growth and development (PPGD) needs.

Topics for Coaching/Discussion/Training & Small-Group Presentations:

1. Abundance
2. Accountability
3. Action
4. Active Listening
5. Adaptability
6. Adult Learning
7. Affirmations
8. Aging
9. Ambition
10. Anger & Resentment
11. Anxiety
12. Art
13. Assertiveness
14. Aspiration
15. Attitude
16. Authenticity
17. Behavior, Thoughts, Behaviors, Beliefs, Habits
18. Beliefs
19. Blogging
20. Body Language
21. Bold Living
22. Boredom
23. Boundaries
24. Brain Health
25. Business
26. Career Change
27. Challenges/Change/Change Management/
28. Charm and Charming: Captivate your audience
29. Comfort Zone
30. Communication: Strategies, Clear Communications, Awkward Conversations
31. Confidence
32. Conflict Management: Peace and Conflict
33. Connecting/ Friendship building
34. Conscious Living: Developing your Mind
35. Conscious Pivoting



36. Courage
37. Creativity
38. Culture
39. Decision Making
40. Decluttering for Wellness
41. Discipline
42. Different: The Benefits and Importance of being
43. Digital Detox
44. Energy (personal)
45. Entertainment
46. Empathy
47. Empowerment
48. Emotional Intelligence
49. Expressing Yourself
50. Dealing with Difficult People
51. Dealing with Failure
52. Fear and Uncertainty
53. Focus
54. Forgiveness
55. Freedom/Independence (personal)
56. Goal Planning: SMART Goals
57. Gratitude
58. Grit/Resilience
59. Handling Criticism
60. Heal Yourself from within
61. Honesty
62. Identity
63. Inner Peace/Happiness
64. Innovation
65. Integrity
66. Interpersonal Communications
67. Interviewing
68. Introspection
69. Introverts
70. Journaling
71. Kindness
72. Knowledge and Wisdom
73. *Leadership, leadership development
74. Life skills
75. Living Your Truth
76. Mental Health
77. Mindfulness: Mind Power, Meditation
78. Minimalism: Decluttering
79. Motivation



80. Music
81. Negativity
82. New Beginnings
83. Organization: Minimalism, Decluttering
84. Overcoming Obstacles
85. Passion/Inspiration
86. Personal Growth
87. Persuasion
88. Positivity, Positive Self Talk
89. Power
90. Productivity/Prioritizing
91. Procrastination
92. Public Speaking
93. Rapport Building/ Relationships
94. Remote Working
95. Resilience/Grit
96. Rituals for productivity and clarity
97. Self-care
98. Self-Mastery: Self Reflection, Feelings, Self-Talk, Self-Doubt, Self Help, Self Improvement
99. Simplicity
100. Starting Over
101. Strategic Planning
102. Strategic Thinking
103. Storytelling
104. Stress
105. Success
106. Thinking (conscious, critical, out of the box)
107. Time Management
108. Travel
109. Trust building
110. Visualization
111. Wealth Mindset
112. Wellbeing
113. Women: Work and Life Balance, Starting Over, etc.

***In addition to other leadership development curriculum, Ava is a certified John Maxwell Leadership Development Coach, Speaker and Trainer and is certified to train select curriculum from his training portfolio.**

Don't see a topic listed that you'd like to discuss? Our capacity is always developing, and our list of topics is growing! Contact us if you don't see a topic listed and we'll let you know if it's within our capacity to deliver a training on it or have meaningful discussions about it.