This list details a few of the topics I could present and discuss with your group that are designed to help people understand others, find their purpose, and live the life they choose:

* Meta Dynamics™ Critical Alignment Model
  + An in-depth model of how to prioritize, categorize, plan, implement, and support your goals
* The map is not the territory
  + How and why we all see things differently
* Cause and effect
  + Being responsible for your choices or letting others run your life
* Above/ Below the Line Thinking
  + Attitudes and perceptions
* Five universal choice points
  + Where we have opportunity to make decisions and how that will affect the outcome
* Six core needs of everyone
* Universal fears
* Language for changing your mindset
* Effective listening and communication
* Reframing or alternate meanings
  + How to look at events through a different lens to change your perception
* Be, Do, Have, Give
  + Who do we need to be, so we can do what we need to do and have what we want, so we can give back.
* Values and beliefs, and living in alignment with them
* Setting personal boundaries
* The roles we play
* My I-amness
  + The ten traits that define this
  + The four traits that we deny ourselves
* The self-esteem triad
* Core, Crud, Crust
  + Your three selves