



## **The Power of YET: Yield. Engage. Transform.**

### **Specification Sheet**

#### **Program Overview:**

The Power of YET is a transformational keynote and mindset training experience that helps audiences reframe limitations, break through personal and professional barriers, and unlock their full potential through one powerful framework: Yield. Engage. Transform.

This program is perfect for corporate teams, athletic groups, entrepreneurs, schools, and any audience committed to growth, leadership, and resilience.

#### **Core Framework:**

YET = Yield. Engage. Transform.

- **YIELD:** Let go of perfectionism, fear, and comparison. Create space for clarity, healing, and courage.
- **ENGAGE:** Step into growth. Take aligned action, even in uncertainty. Activate presence and purpose.
- **TRANSFORM:** Lead with identity and impact. Turn setbacks into success and limitations into leadership.

#### **Learning Objectives:**

1. Reframe internal limitations using the power of language and self-leadership.
2. Build mental resilience and overcome the fear of failure.
3. Shift from perfectionism to progress through the YET model.
4. Empower individuals to own their story and lead with authenticity.
5. Activate purpose-driven performance in life, business, and sport.

#### **Ideal Audiences:**

Corporate teams & leadership retreats | Entrepreneurs & startup communities | Educators, school staff & students | Collegiate, Disabled, & youth athletes | DEI and wellness-focused organizations

**Presentation Formats:**

- 30-Minute, 45-Minute, 60-Minute Keynote (Live or Virtual)
- Half-Day or Full-Day Workshop
- Custom Retreat Segment or Masterclass

**Bonus Materials (Optional Add-Ons):**

- Empower by Nikki: YET Journal & Reflection Workbook
- Printable Affirmation & Mindset Card Deck
- Retreat Companion Kit
- Leadership & Team-Building Exercises
- YET Declaration Poster

**Audio Visual Requirements:**

- Screen for Presentation
- Live Captions enabled (both in-person and virtually when hybrid)
- Audio Video Connection
- Lavalier mic or handheld mic
- Presentation advance clicker

**Key Takeaway:**

“You are not behind. You are becoming. Yield the fear, engage the moment, and transform your story—because your greatest potential lives inside the power of YET.”

**Bio for Event Literature:**

Empower by Nikki is a movement igniting purpose, power, and possibility through *The Power of YET*. Founded by award-winning advocate, speaker, and inclusion strategist, Empower by Nikki equips audiences to reframe limitations, embrace resilience, and transform setbacks into comebacks.

Nikki brings lived experience as a mother, coach, and executive to the stage—blending raw storytelling with powerhouse strategy. Whether through keynotes, retreats, or one-on-one coaching, her mission is to help people unlock their potential, lead with authenticity, and live boldly.

From corporate teams to personal breakthroughs, Empower by Nikki isn't just a talk—it's a transformation.

## **Yield. Engage. Transform.**

### **Introduction for Presentation:**

A nationally recognized keynote speaker, award-winning storyteller, and the unstoppable force behind **Empower by Nikki**—a movement that's helping people reframe their limitations, own their story, and lead boldly with purpose.

She's the founder and CEO of MEC Disabilities, a champion for inclusion, and the creator of *The Power of YET : Yield. Engage. Transform.*—a transformative framework that's changing the way individuals, teams, and entire organizations tap into resilience, purpose, and potential.

Whether you're a parent, a professional, a leader, or someone who just knows there's *more* waiting for you—this message will meet you exactly where you are... and help take you where you're meant to go.

For speaking inquiries, custom trainings, or to bring The Power of YET to your audience, visit:

[www.empowerbynikki.com](http://www.empowerbynikki.com)


### **Booking & Contact Information:**

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