

SHIFT YOUR CAREER INTO HIGH GEAR: 5 KEYS TO SUCCESS

Sabrina A. Wilson | Founder



An engaging, practical career-development program that equips professionals to take ownership of their growth, clarify where they want to go, and turn intention into forward momentum.

Recently delivered at Purdue University Daniels School of Business & International Security Conference-East.

WHY EVENT PLANNERS BOOK IT

- Reframes career development from something that happens to employees into something they actively own – building agency, accountability, and confidence.
- Combines memorable racing analogies, executive experience, reflection, and practical tools to make career-growth concepts easy to apply.
- Sends attendees back ready to act with greater clarity on their strengths, direction, relationships, and next move.

IDEAL FOR

Corporate career-development programs, leadership conferences, employee resource groups, emerging leader programs, professional associations, universities, and organizations supporting employees through growth or transition.

AVAILABLE FORMATS

- Keynote
- Breakouts
- Workshop

WHY THIS SESSION MATTERS

Career paths are rarely straight lines. Promotions, pivots, reorganizations, setbacks, and unexpected opportunities can leave even high-potential professionals asking, "Am I behind?" or waiting for someone else to define the next step.

Shift Your Career into High Gear helps participants move from comparison and uncertainty to ownership and intentional action. Through Sabrina Wilson's 30+ years in HR leadership and a relatable road-trip framework, participants examine the strengths, experiences, vision, relationships, and choices that shape a fulfilling career.

THE RESULT

Attendees are clearer about what they bring, more intentional about where they are going, and better equipped to take the next step with purpose.

AUDIENCE TAKEAWAYS

- 01** Own the driver's seat. Take responsibility for career direction, growth, and personal brand.
- 02** Fuel your momentum. Use strengths, experiences, and development to build capability and resilience.
- 03** Set your GPS. Define a personal vision that guides career and work-life choices.
- 04** Select your pit crew. Intentionally build a network of mentors, sponsors, allies, and advisors.
- 05** Drive with purpose. Identify the actions that create more "firing on all cylinders" moments and move goals forward.



www.spillthet.net

Mobile: 303-475-3720

sabrina@spillthet.net