



AREAS OF FOCUS / TOPICS

Strong organizations need confident leaders who can perform today while preparing for what comes next. Tamra's keynotes and workshops focus on three critical leadership challenges: building the confidence and influence to lead effectively, developing leaders before they are needed, and creating sustainable performance without burnout.



ENGAGING. PRACTICAL. IMPACTFUL.

Tamra delivers high-energy, content-rich presentations that inspire action and create lasting results.



1

UNBREAKABLE Leadership *Cultivating Influence with Confidence*

TAKEAWAYS FROM THIS SESSION INCLUDE:

- ✓ **Connect Confidence to Influence** – Understand how confidence shapes the way you communicate, build trust, and influence the people and situations around you.
- ✓ **Lead from Who You Are** – Strengthen your leadership impact by becoming more intentional about the values, behaviors, and choices that define how you show up.
- ✓ **Activate the Three Pillars** – Use your core values, inner voice, and outer brand to strengthen your confidence, expand your influence, and lead with greater purpose.



2

The Pipeline Principles™ *Building Leaders Before You Need Them™*

TAKEAWAYS FROM THIS SESSION INCLUDE:

- ✓ **See Potential Before You Need It** – Recognize leadership potential beyond titles and traditional career paths, and identify opportunities to develop talent earlier.
- ✓ **Make Leadership Development Everyone's Responsibility** – Create a culture where leaders actively develop others through intentional conversations, stretch opportunities, feedback, and shared accountability.
- ✓ **Build a Pipeline, Not a Replacement Plan** – Connect leadership development with succession planning to strengthen bench strength, close competency gaps, and prepare for future transitions before they become urgent.



3

From Burnout to Boundaries *Taking Back Your Time for Better Results*

TAKEAWAYS FROM THIS SESSION INCLUDE:

- ✓ **Recognize What's Really Consuming Your Time** – Identify the priorities, habits, interruptions, and expectations that keep you reacting instead of focusing on what matters most.
- ✓ **Set Boundaries Without Sacrificing Relationships** – Establish clearer expectations around your time and availability while maintaining trust, collaboration, and accountability.
- ✓ **Turn Better Choices into Better Results** – Create practical strategies for managing priorities, protecting your capacity, and spending more time on the work that creates the greatest impact.

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