



Cathy Harris

“We can sit back and watch as the world goes by or we can find opportunities to make it better”

Speech Topics

- ◆ Empowerment
- ◆ Motivation
- ◆ Goal Setting
- ◆ Life Balance
- ◆ Change
- ◆ Leadership
- ◆ Self-Esteem
- ◆ Diversity
- ◆ Employees/Workforce
- ◆ Entrepreneurship
- ◆ Community Relations
- ◆ Ethics/Integrity
- ◆ Women's Rights
- ◆ Human Rights

Empowerment

Based on Cathy's best selling series book, "How To Take Control of Your Own Life" – "information" is the number one form of wealth and "knowledge" is power. If you combine both together you get "empowerment." Empowerment is the process of increasing the capacity of individuals or groups to make choices and to transform those choices into desired actions and outcomes. Empowered people have freedom of choice and action. This in turn enables them to better influence the course of their lives and the decisions which affects them. The audience will learn how to get access to the information they really need and want so they can become an empowered individual.

Motivation

Ask any person who is successful in whatever he or she is doing - what motivates him/her, and very likely the answer will be "goals". Goal setting is extremely important to motivation and success. While it is easy to see the things that a person does, it is much harder to guess at why they are doing it. Certainly, you need some intelligence, knowledge base, study skills, and time management skills, but if you don't have motivation, you won't get far. So what motivates you? The audience will learn how to use goal setting to stay motivated.

Goal Setting

Goal setting is a powerful process for personal planning. The process of setting goals helps you choose where you want to go in life. By knowing precisely what you want to achieve, you know where you have to concentrate your efforts. You'll also quickly spot the distractions that would otherwise lure you from your course. More than this, properly set goals can be incredibly motivating, and as you get into the habit of setting and achieving goals, you'll find that your self-confidence builds fast. They focus your acquisition of knowledge and help you to organize your time and your resources so that you can make the very most of your life. The audience will learn how to set goals and move forward and find that peace, joy and happiness that they deserve.

Life Balance

These days everyone is really busy, but there is more to life than the daily grind. You may have responsibilities to your family, your workplace or school, your kid's sports and social activities or your community. Today's hectic lifestyles can leave a person feeling depleted and stressed out. And the last thing you need is a guilt trip! You need to learn a different way of handling time and task management that can gently guide you to follow through on your priorities so your effort is spent where it counts. You need a unique way to keep from getting side-tracked when things get hectic, so you can stay focused on what is really important to you. The audience will learn how to stay balanced while they live a more fulfilling life.

Change

Change indicates some attributes that are essential such as vision, courage, and conviction. Change is the ability to take risks both at a personal and a business level and the ability to demonstrate commitment to change, not simply demanding it of others. In the real world of change - leaders desert you, your staunchest allies cut and run, opposition comes from the places you least expect, and your fiercest opponent can turn out to be your most vital supporter. In other words, when emotions are running high and the stakes are even higher, people act like people. Creating change is a skill. The audience will learn how to create and accept change both in their personal and professional life.

Leadership

The number one trait for a good leader must be honesty. Remember all leaders were followers before they became leaders. Leadership is the ability of an individual to influence, motivate, and enable others to contribute toward the effectiveness and success of the organizations of which they are members. Leadership does not involve changing the mindset of the group but the cultivation of an environment that brings out the best of the individuals in that group. To lead one must build a platform through education and awareness where individuals fill each others needs. Leaders must be supported if they truly are sincere and represent the group. The audience will learn how to become a successful leader and make changes in their lives and the lives of many others.

Self-Esteem

Our self-esteem develops and evolves throughout our lives as we build an image of ourselves through our experiences with different people and activities. Experiences during our childhood play a particularly large role in the shaping of our basic self-esteem. People with poor self-esteem often rely on how they are doing in the present to determine how they feel about themselves. Healthy self-esteem is based on our ability to assess ourselves accurately by knowing ourselves and still be able to accept and to value ourselves unconditionally. This means being able to realistically acknowledge our strengths and limitations and at the same time accepting ourselves as worthy and worthwhile without conditions or reservations. The audience will learn how to build a healthy self-esteem and enjoy life.

Diversity

In today's business environment, your organization's ability to get results is largely a function of the capacity of your people. Diversity begins with who you choose to put in which jobs. The problem for many organizations is that these choices are made based on narrow and subjective beliefs about what it takes to be successful. With women and people of color representing almost 70% of new entrants to the workforce, shifts in demographics are demanding that organizations and businesses become more inclusive and objective in their approach to selection. Not only that, but your customers are also becoming increasingly diverse and they want your organization to represent them as well. The audience will learn why diversity must be accepted and embraced on every level.

Employees/Workforce

The job of a manager in the workplace is to get things done through employees. To do this the manager should be able to motivate employees. But that's easier said than done! To understand motivation one must understand human nature itself. And there lies the problem! Human nature can be very simple, yet very complex too. An understanding and appreciation of this is a prerequisite to effective employee motivation in the workplace and therefore effective management and leadership. Quite apart from the benefit and moral value of treating colleagues as human beings and respecting human dignity in all its forms, research and observations show that well motivated employees are more productive and creative. The audience will learn how to create more productive and happier employees.

Entrepreneurship

You don't have to be a rocket scientist to become an entrepreneur. Business entrepreneurs often have strong beliefs about a market opportunity and are willing to accept a high level of personal, professional or financial risk to pursue that opportunity. They are not only risk takers but intelligent risk-takers! Business entrepreneurs are often highly regarded in the United States culture as critical components of society. Many of you will find out that in this fallen economy, many have no other choice but to become an entrepreneur. The audience will learn short and long range goals on how to become an entrepreneur.

Community Relations

We must be dedicated to improving the community. Certain groups must support the community through leadership and assistance with various community events and programs. These events and programs must focus their efforts on programs that assist in the development and positive growth of children and others, while using many outlets to touch the lives of others. We must strive to make our community a better place to live. The audience will learn that everyone must play a major part in improving the conditions in the community.

Ethics/Integrity

Integrity is the outcome of ethical excellence. Involving both character and expertise on the part of a person or organization, it represents the moral qualities that inspire appreciation and build trust with recipients or stakeholders. This means that the test and worth of integrity is in the action or transaction of relationship. Like any other excellence, integrity must be earned rather than claimed. You must demonstrate and prove through your performance that you are committed to an important principle. The audience will learn in order to turn around the country; there must be an integrity movement.

Women's Rights

Whatever happened to the women's movement? Why are these strong voices being silenced all over America? Women are still discriminated against in most aspects of society. They are discriminated against in employment, housing, education, and many other areas. More women vote than men so why are there no sufficient laws put into place to protect women? Why are we allowing workplace abuse such as sexism, sexual harassment, sex discrimination, stalking, and intimidation to take place? Women who are treated poorly by their superiors and colleagues simply walk away from the workplace, because they don't understand their rights. The goal should be to make the workplace and other issues dealing with women a more productive and safer environment for ourselves and our daughters. The audience will understand that women do have a major voice to make changes in this society.

Human Rights

There should be laws to make it a crime to go without the basic essentials of life - food, clothing and shelter. When a person is hungry, when a family is homeless, when a school provides inadequate education, when people with disabilities are denied universal access to buildings, when a woman is beaten or raped, or when a hate crime is committed, these are human rights violations. We must seek to bring human rights home and guarantee the rights of all people. We must make sure all people receive economic, social, cultural, political, and civil and human rights. The audience will learn how to move toward a human rights movement.

Other Speech Topics:

- ◆ How To Step Out on Your Faith
- ◆ How To Think Outside the Box
- ◆ How To Get Rid of the Fear of Failure
- ◆ How To Plant Entrepreneurial Seeds in Our Children
- ◆ How To Use Ethics to Turn This Country Around