



# Peak Performance

## *Managing a Powerful Mental & Emotional State*

Do you sometimes wish you could manage your emotions more intelligently? (i.e. remaining calm under pressure, staying motivated, resisting offense or having more influence.) Creating a powerful mental and emotional state is a critical factor in today's workforce with significant predictors of success in both team and individual performance.

During this impactful, engaging session, Michelle will reveal how to manage and conquer both inner and outer saboteurs that prevent mental agility and positive communication skills. You will be given immediate and practical applications using the 5 elements of Emotional Intelligence (Self-Awareness, Motivation, Self-Control, Empathy and Social Skills).

Speaker Michelle Steffes will also provide a unique understanding of how our emotional state can be transformed through rewiring the brain with simple changes made in small daily decisions, ultimately providing a clear road map to achieving high performance in your inner and outer life.

### Participants will be able to:

- Learn their score in Emotional Intelligence – (EQ) Emotional Quotient
- Clearly Understand each of the 5 Elements of EI and how they affect their inner and outer life.
- Identify their own Inhibiting Mindsets & Emotions
- Learn how to Retrain the Brain through Small Changes that create BIG Results
- Develop a Powerful State of Mind in all Situations

### This Program is Perfect For:

- Executives, Leaders and/or Managers
- HR Professionals
- Corporations & Associations
- General Audience

### Get Started!

SCAN the QR Code to set up a 30-min or 60-min no-cost Strategy Session



[www.IPVconsulting.com](http://www.IPVconsulting.com) | (616) 291-0377  
[@michelle@IPVconsulting.com](mailto:@michelle@IPVconsulting.com)



## Rave Reviews of Our Speaking Engagements



Michelle is very passionate about her work and is an enthusiastic engaging speaker that not only captivates your attention with topic content, but also engages you as part of the learning.

**Derek Wood**

*CFO of West Michigan Transport*



Michelle Steffes led an interactive talk and presented science-based information in a fun and engaging way. This is great stuff – professionally and personally!

**Debra Hintz**

*CIO, VP Grand Rapids Community College*



Michelle is outstanding, goal-oriented, and dedicated to achieving what others only dream.

**David Pace**

*CEO, Business Speakers Bureau & Entertainment*



“Michelle was amazing & inspiring! I have been to many of these conferences and this was, hands down, been the best keynote”

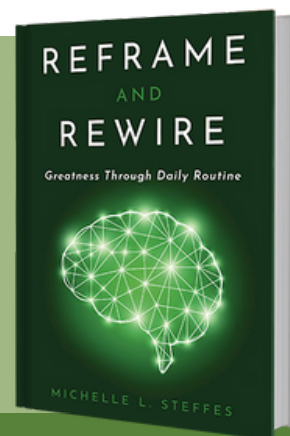
**Carie M Gort**

*Business Development Coordinator at Spectrum Health*



### Speaker Michelle L. Steffes

With three decades of leadership and 10,000 hours of study in the science of human behavior, CEO & Founder, **Michelle L Steffes** has created a winning “people-first” formula for developing high performing individuals, leaders, and teams.



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