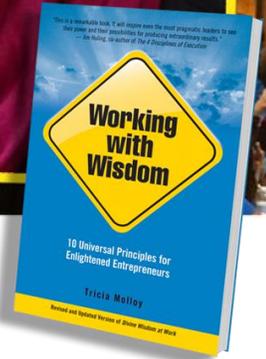


TRICIA MOLLOY

Speaker | Coach | Author
Creating More Balanced, Positive Workplaces



Featured In



Increase Employee Engagement to Boost Your Bottom Line!

These entertaining, interactive professional development programs will motivate your people to: be more positive, proactive and productive; reduce stress; manage change; improve their work-life balance; and enhance their leadership skills for greater impact.

Through customized conference keynotes and employee development talks, workshops and webinars, Tricia Molloy engages her audiences with real-world advice, enlightening anecdotes, and interactive exercises. Participants gain a fresh perspective and begin implementing new strategies immediately. She also facilitates transformational vision board workshops for high-potential employees.

An acclaimed corporate leadership speaker, Tricia is an expert on developing a positive mindset to reduce stress, achieve goals, and enjoy more work-life balance. She is the author of *Working with Wisdom* and a coach for professional women who crave more success at work and in life.

Representative Clients



"You'll be amazed at how much you can accomplish when you start making conscious choices."



Most Requested Programs



In this entertaining, informative program, you'll learn how to use affirmations, visualization, gratitude and two other powerful CRAVE steps to stay positive and focused and get things done. This program can be customized to sales, customer service, leadership, wellness or other organization goals or event themes.



In a world where the professional and personal demands of our lives often collide and compete, we long for more balance. In this innovative, engaging program, we'll identify why you want more balance and what you're balancing. Then, we'll explore three smart strategies to reduce stress and manage your mindset, energy and time to improve your work-life balance.



Professionals who have a clear sense of purpose enjoy their work and are more likely to excel at it. In this program that often follows "CRAVE Your Goals!," we'll explore how to define your life purpose and four other success strategies from the *Working with Wisdom* book. Commit to create your reality by design and not default through this simple five-step DESIGN formula.



This transformative program begins with the five CRAVE steps and then centers on the power of visualization to achieve goals. You'll learn how and why visualization works and then be expertly guided to create a vision board that will help you focus on what matters most.

Here's why Tricia is the right choice!

"Through her stories, exercises and strategies, Tricia helped us put things in perspective and identify the stressors in our lives we could either drop or deal with better."

Marriott

"At her vision board workshop, Tricia created a fun, safe, relaxing environment for us to explore our challenges and aspirations."

Verizon

"Tricia's soft-spoken, conversational approach to teaching us new concepts is so refreshing and effective."

The Home Depot

"Relevant and revealing, Tricia's program combined the inspiration of a keynote with the practical approach of a workshop."

Network of Executive Women

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Watch Videos of Tricia



Book Tricia for Your Next Event!

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