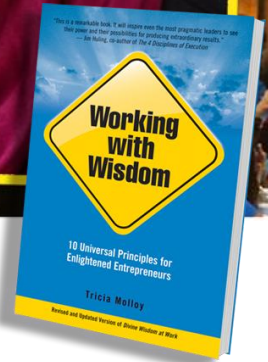


# TRICIA MOLLOY

*Speaker | Coach | Author*  
Creating More Balanced, Positive Workplaces



## Featured In



## Increase Employee Engagement to Boost Your Bottom Line!

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

Whether virtual or onsite, Tricia's customized, interactive professional development programs will motivate your people to be more positive and productive, reduce stress, manage change, and improve their work-life balance.

Tricia 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.

## 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 be more productive at work and present at home.



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**

## Let's Connect

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## Watch Videos of Tricia



# Book Tricia for Your Next Event!

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