

Locknote #5 (30-45 min.)

Gwen Briesmeister



Speech Title: Interviews that Work...or How to Become Barbara Walters!

Description: Whether you are a blogger, a podcaster, a filmmaker, presenter, or a researcher, there is a good chance that you will need to conduct an interview at some point. How do you get the most from your interview? What are some simple techniques that you can use to get the most from your interviewee? How do you prepare for the best possible result? All of these questions will be answered in this informative presentation.

Learning Objectives: Participants will discover and learn effective questioning techniques

Brief Bio: Gwen has been a documentary filmmaker and film instructor for more than 20 years. She has had the pleasure of interviewing many people in the pursuit of completing short documentaries and as a result she has developed effective strategies for getting the most from her interviewees. She has had the fortune of learning her craft from experienced professionals in the areas of videography, editing, and documentary filmmaking.

Our Mission:

The mission of the PowerTalk Power Club is to educate, entertain, and engage our Power Pal members to participate in fun, alternative yet complementary professional development meetings where every member has the opportunity to prospect, promote, and present their programs, products, and services in order to enhance their own business and professional growth.

Our Vision:

The PowerTalk Power Club is designed to empower you. We invite you to participate as a "Power Pal" Speaker and a Powerful Networker. Our interactive professional learning environment will support your development as a VIP Speaker, Entrepreneur, and Small Business Leader.

Our Values:

Members of this club seek to support one another through effective feedback in the form of speaker presentation evaluations, networking and referrals, and sharing resources that can help our members achieve their personal and professional development goals.

Our Overall Objective:

Our overall objective is to encourage all our Club Members to continue to grow as business professionals and to help foster a supportive and fun social environment for personal enrichment.

Who We Are:



Roman & Vitalia Pundyk are award winning international speakers, coaches, authors, and area experts who deliver training programs that result in leadership development, improved communication, and organizational growth.

In addition to offering their own powerful on-site presentations for small businesses and corporations, this dynamic Power Team invites you to participate in their unique content-rich, interactive, high value networking and learning experience as a

**Power Pal Member
of the
PowerTalk Power Club!**

"Developing Leaders, Achieving Dreams,
Helping Build Empowered Teams!"

Need more info? - Contact us at
Phone: 952-221-1701
vitalia@powertalkseminars.com
www.powertalkseminars.com

PowerTalk Seminars, LLC

"Communicating for Results!"



**Exciting
Engaging
Educational
Events!**

**PowerTalk Power Club
Evening Dinner Program**

4 quarterly sessions = \$80

5:00pm-9:00pm on the following Tuesdays:

- ◆ February 7th
- ◆ May 9th
- ◆ August 8th
- ◆ November 14th



Ice Breaker Speaker #1 (4-6 min.)

Evgeniya Djuranovic



Speech Title: Becoming a Butterfly!

Description: In the world of limitless possibilities, she finds a path toward an extraordinary journey. As she breaks from her past opening up to a whole new world. In her constant state of growth, shedding the weight of her old beliefs, and becoming a truer version of herself. This is a story of surrender to a magnificent process of letting go of the old to make room for the new.

Learning Objectives: To inspire individuals to embrace personal transformation as a journey of self-discovery, growth, and authenticity, ultimately leading to a more profound and fulfilling life.

Brief Bio: Evgeniya Djuranovic is a Certified Health Coach. She loves to travel and learn about new cultures.

Mom of two wonderful elementary school kids, Evgeniya knows firsthand the importance of caring for oneself.

She is passionate about health and wellness and is an inspiring and empowering voice for other moms. She wants them to feel confident and enjoy life to the fullest.



Bonus Speaker #2 (5-7 min.)

Chris Ciccone, BPP



Speech Title: It is in the Little Things!

Description: Overwhelmed much lately? You are not alone! Looming deadlines, bills to pay, all marked 'urgent', overflowing desk screaming 'help!', planner with notes pouring out of it... sound familiar? Let's take a breath. Let's find some little things and make them bigger than all of this!

Learning Objectives:

- A 23 year old expert in 'littleness.'
- How to 'box' your work on a shelf.
- Smiles are so important!

Brief Bio: Chris Ciccone is a wife, mom, and grand mom from East Bethel, MN. She loves God, Family and Business! She has been an Independent Reliv Distributor for fifteen years. She looks forward to helping you in this journey of the heart.



Keynote Speaker #3 (10-15 min.)

Chris Ciccone, BPP



Speech Title: Hydration

Why So Important!

Description: We have all been told, since we were toddlers, to make sure to drink water.

With the ever increasing eye catching, taste bud teasing drinks out there, it is very difficult, if not impossible, to drink water alone. It is water, however, that our bodies are made up of, and need.

Learning Objectives:

- Do you know water makes up to 60-70 % of human body weight?
- Do you know about 71% of the planet's surface is water?
- So what? Some of the benefits of drinking water.

Brief Bio: Chris Ciccone has been with Reliv International for fifteen years, helping people with their health and wellness. Helping you age gracefully because you feel great, and helping you meet your goals, is, for Chris, a journey of the heart.



Mini-Wkshp #4 (15-30 min.)

Chris Ciccone, BPP



Speech Title: On the way to Silver!

Description: It has been quite the journey! This presentation will mark Chris's step into being a Silver Power Pal so she thought she would share a few experiences of her journey here! She always told Vitalia - You throw me into the middle of the lake and say - Swim!

Learning Objectives:

- Finding my voice.
- Know your surroundings.
- Gratitude!

Brief Bio: Christine A Ciccone is a wife, mother, and grandmother and lives in East Bethel, MN. She loves God, family, sewing, reading, baking, and being an Independent Distributor for Reliv International, a nutritional supplement company. She believes helping people is a journey of the heart. Public speaking is also now part of her journey.

