



# Join us for the PowerTalk P.E.P. Talk

"The Monthly **P**ersonal **E**nrichment **P**rogram"

2<sup>nd</sup> Thursday every month from 8:30am-10:00am CST via Zoom

Calling all business professionals, retired professionals, and anyone seeking some monthly motivation – Let's meet as a "Mastermind" and have a "Power Talk Power Chat" where we can all:

**Group Goals:** Share Tips, Tools, & Simple Tricks to get through business and personal life challenges.

- Celebrate Wins
- Share Insights
- Set Goals
- And Overcome Obstacles

## Program Meeting Agenda

**8:30am** Zoom Host Welcome, Warm-up, & Brief Overview (5 minutes max).

**8:36am** The Ice Breaker: Monthly Motivation (3-5 minutes max)

**8:41am** Very Brief Introductions (25 minutes max) – name, business/occupation, residence.

Followed by:

- **Win** – (what's your good news or celebration this month?)
- **Insight** – (what business or personal life lesson did you learn this month?)
- **Goals** – (what do you wish to achieve this month?)
- **Challenge** – (what obstacles are you facing and how can we help you this month?)

**9:07am**– 3 Very Brief Share, Show, & Tell Presentations (1-2 minutes each max.)

Note: Great way to get to know one another on a more personal level.

**9:17am** - 3 Talking Point Questions: Zoom Host Vitalia Bryn-Pundyk, M.Ed/DTM/DPP

*Vitalia will select 3 questions to ask Club Members and/or Visiting Guests*

**9:27am** – 3 PowerTalk Power Tips (3-5 minutes each max) – Note: *This can be ANYTHING: Presentation tip, sales tip, business growth, networking, or ANYTHING fun and creative: cooking tip, travel tip, gardening tip, life hack tip, home improvement tip, relationship tip, beauty, fashion, health, wellness tip, budget tip, vacation tip, etc....*

**9:43am** – PowerTalk PEP Talk "Take-aways" & Promotions: (10-15 minutes max.)

**10:00am** - Quick Wrap-up & Meeting Adjourned

Questions??? – Need More Info??? - Want to join???

Contact: Vitalia Bryn-Pundyk, M.ED/DTM/DPP

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Website: www.powertalkseminars.com

Note: \$120/annual club membership fee

### In Summary, this P.E.P Program offers:

- ✓ Monthly Motivation
- ✓ Personal 2-minute Share Show & Tells
- ✓ 3 Talking Points Questions
- ✓ 5-minute PowerTalk Power Tips
- ✓ And any help or support you may need with your personal or professional requests.