



**TINA HYLAND**  
HIGH-PERFORMANCE COACH

## **Speaking Topics and Workshops**

### **How to Own Your Worth and Charge with Confidence**

If you struggle with how much to charge and how to confidently talk about your fees, you are not alone. I'll provide easy tips to clear out feelings of unworthiness, plus give you practical tools so you can confidently own your worth and discuss your fees like a pro. *(45-60 minute presentation)*

### **Mastering Your Money Mindset and Overcoming Limiting Beliefs**

Are you ready to remove money blocks, create a new, bold money story and own your worth? I'll show you how to create a new and empowering success mindset— shifting your beliefs and actions in the process — so you quickly begin creating new and exciting results in your business. *(45-60 minute presentation)*

### **How to Jumpstart Your Income, Your Life, and Your Success**

Learn the core fundamental principles every achiever needs to know, practice, and master. I will outline the foundational operating system to achieve significant success and deliver a complete action plan that anyone can start executing immediately. *(45-60 minute presentation)*

### **How to Overcome Overwhelm and Distraction While Increasing Your Productivity**

I will discuss the three distinctions that differentiate overwhelmed, overworked, and over-scheduled overachievers from super-achievers who produce stunning results with less effort, less time, and less stress, leaving more time to enjoy hobbies and be with family. You can immediately begin to apply them in your own business and life to significantly improve your performance and productivity. *(45-60 minute presentation)*

### **The Importance of a High Performing Culture**

Extraordinary performance comes from extraordinary people, and the foundation for extraordinary people is an extraordinary culture. This presentation shows how getting your people to perform at the highest level is all about your culture. It's about the way things get done in your organization. Done right, it becomes part of the fabric of how you operate, part of your company's very DNA. I will walk you through the steps to accomplish this and how working on your culture is not an HR topic. Quite the opposite – it's a financial and strategic topic. Finding a way to get your people to perform in different ways and at a different level than your competitors' today is your organization's biggest and sustainable competitive advantage today is. Because even when your competitors know that you're winning because of your people, it's a formula they simply won't be able to copy! *(45-60 minute presentation)*



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## **Leadership in the 21st Century**

Learning to lead, influence, and empower a team to high-performance in these fast-changing, ever-evolving times. The core attributes of effective leadership have changed. How do you lead in today's fast-moving and ever-evolving times? Learn the attributes and skills necessary to lead a diverse and multi-generational high-performance team. You will leave with the tools to empower your teams to become influential leaders who build high-performance teams that deliver big results. *(45-60 minute presentation or 2-hour workshop)*

## **The Ups & Downs of Being an Entrepreneur**

Whether you are a new and seasoned entrepreneur/manager or business owner, this workshop will help you navigate through the fears and doubts, self-defeating mindsets, and crushing negativity from naysayers and dream-stealers. I will teach you how to overcome the pain of rejection and begin the exciting climb to the top by building skills of independence, self-motivation, and self-accountability. I will help you understand that there is no quick fix to success. Success is earned through hard work, discipline, key habits, and the consistency of positive choices compounded over time. With the principles made clear and simple, you leave with a sense of clarity and belief that you can achieve extraordinary success—and knowledge of how to get started immediately. *(2-3 hour workshop)*



### **Tina Hyland, Business Strategist and Speaker**

*With over 20 years of experience as a corporate trainer, business consultant and sales leader in multiple industries, I know what it takes to be successful in business while building successful teams and improving company culture. Teaching these strategies and leading people to push beyond their comfort zones in order to reach their true potential is what I love.*

*Whether you're challenged by sales, strategy, systems, customer service, work/life balance or something else, I'm here to help you break everything down into actionable steps so that you can wake up excited, ready to excel in your business and be the leader you were born to be.*



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