

## Tami West Programs Catalog 2025

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Keynotes | Workshops | Training

### Tiers of Service

#### 1. Ready to Go Topics!

**Description:**

Ready-to-deliver signature sessions drawn from Tami's most requested topics. No customization beyond light audience tailoring.

**Includes:**

- Pre-event planning call
- 60-90 min keynote OR virtual session
- Standard slides & handouts
- Q&A
- Follow-up resource list

#### 2. Custom Topics

**Description:**

Tailored sessions blending topics, examples, and audience-specific insights.

**Includes:**

- Pre-event planning call
- Customized slides, handouts, & interactive elements
- 60-90 min session
- One follow-up virtual check-in (30 min)

#### 3. Development

**Description:**

Full partnership experience with built-from-scratch or multi-session learning journey. Designed for CE credit, leadership retreats, or culture shifts.

**Includes:**

- Discovery process (surveys, focus groups, leadership consults)
- Multi-session program (half-day, full-day, or series)
- Fully customized materials (worksheets, assessments, toolkits)
- Post-session resources (recordings, PDFs, or e-learning modules)
- Follow-up strategy session

\*\*\*Contact for fees.

# Catalog of Topics

## Core Keynotes / Workshops

1. The Stress Club: Rewriting the Rules of Stress
2. Breaking the Silence: Creating a Culture of Mental Health at Work
3. 10 Steps to Mental Wellbeing: Proven Strategies You Can Start Today
4. The Resilient Workforce: Thriving Through Change
5. Emotional Labor: The Hidden Cost of Caring in Customer-Facing Roles
6. Beating the Burn: Practical Solutions for Workplace Burnout
7. Self-Care for Success: The Productivity of Wellbeing
8. Managing Emotions at Work: Your Secret Weapon for Success
9. Mental Wellbeing in the Age of AI: Finding Humanity in a Digital World

## Creative Revamps & Add-Ons

1. What Type of Coffee Are You? (Personality styles with a fun spin)
2. The Stress Club PLUS (Stress + Resilience + Coffee mash-up)
3. Rituals at Work (team bonding through meaningful traditions)
4. Micro-Resets: Minute, Hour, Day™ (fast stress recovery tools)
5. The Joy Plan (Positive psychology for sustainable energy)
6. The Sunday *Scaries* (tackling anxiety about transitions & Mondays)
7. Identity & Boundaries (bringing your whole self without burnout)
8. AI Without Anxiety (managing emotions in a tech-driven future)

## Parameters for Every Engagement

- Audience size: Varies for keynotes / typically up to 50 for workshops (scalable with tech or facilitation team).
- Tech support: Client provides platform (Zoom, Teams, in-person AV).
- Materials: Digital PDFs included and print runs can be arranged at cost.
- Travel: Standard airfare, transportation, and hotel if live.
- Add-ons: Coaching circles, workbooks, toolkits, or leader guides (quoted separately).



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