

TAKE CARE OF  
YOURSELF

*Rachael Amante*

## Keynote Descriptions

### **Take Care of Yourself to Take Care of Your Business.**

Learn why taking care of yourself is the key to strengthening your business, retaining clients, and creating a culture of productivity and joy. Using compelling stories and years of research, Rachael will help remind your teams how the most powerful tool in our businesses is our people. And the strength of our people starts with how each person takes care of themselves. We're not talking about bubble bathing our way to our goals, but instead the real work it takes to hustle with purpose and empower your team to embrace challenge and change.

### **Live Well. Team Well.**

Creating a culture one can be proud of begins with every individual. Every leader every team member taking responsibility for the way they move through their life, in and out of their work. It begins with us. How we respect ourselves and others, how we communicate with ourselves and others. Tapping into people's strengths, energies and goals empowers them. Empowered individuals make powerful team members. You will shift your organization's focus from hurrying to hustling; the concept that takes teams from mediocre to impactful.