

KEYNOTE:

 **MINDFULNESS:**
How to Improve Employee Satisfaction & Well-being

For All Employees

- **WHAT:** This speech focuses on work-life integration tactics and self-care techniques
- **WHY:** According to Gallup's Workplace Well-Being Committee, leaders who are mindful of their team's well-being report increases of up to 12% in performance and 21% in revenue

WORKSHOPS:

 **INFLUENCE:**
How to Influence at Work without Power & Authority

For Junior Leaders

- **WHAT:** This speech focuses on ways to create goodwill and rapport with others
- **WHY:** According to [Better Up](#), people with influence at work tend to be more trusted and recognized.

 **MOTIVATION:**
How to Communicate Effectively

For Managers

- **WHAT:** This speech focuses on articulation tactics and active listening techniques
- **WHY:** According to TeamStage, nearly 70% of the workforce would be more productive if they felt appreciated by their employers; they would also be 4.6 times more motivated to produce quality work if they felt like their voice mattered

 **“PEP” TALK:**
How to Craft a Charismatic Leadership Style

For Executives & Senior Leaders

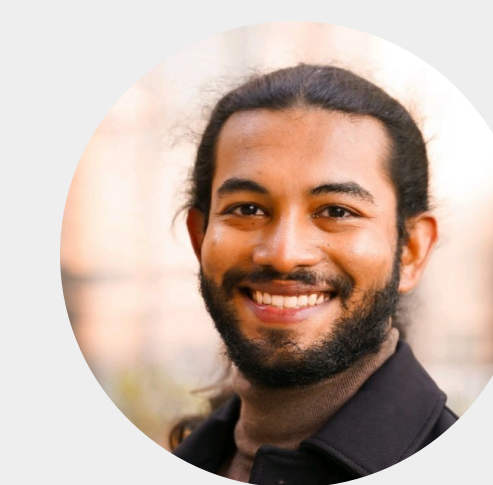
- **WHAT:** This speech focuses on our confidence and kindness toolkits; in doing so, we enable leaders to leverage their “PEP” talks = Personality + Executive Presence
- **WHY:** In a survey of 400 C-level executives, all respondents believed that Executive Presence is a key differentiator and 78% say a lack of personality will hold you back.

[Inquire for rates & availability](#)



Milam holds the unique combination of being commercially savvy and business-driven and also able to really connect with people and identify their needs on a personal level. When the workday gives you lemons, it's refreshing to have Milam as your partner to make lemonade. You will leave the room energized and full of positivity!

– [Bob Zonderwijk](#), CEO of MatchWornShirt



Attending BCK's session on "How to Influence: The Lasso Way" was a game-changer for me. Milam's dynamic delivery and practical insights into influence provided me with actionable takeaways that I could immediately apply to enhance my leadership skills. The session was not just informative, but it also left me inspired and motivated to approach leadership with a renewed perspective. Kudos to Milam for delivering a concise and impactful session!

– [Rwitam Bandyopadhyay](#), Engineer, Amazon Web Services