



# Tina Evans

## Keynote Speaker & Leadership Coach

Tina Evans speaks to audiences of all sizes, in-person and virtual. Below are a few topics, but she can speak on others related to leadership, teamwork, and communication. Most presentations are 45-90 minutes and can be adjusted to fit your event.

*Don't see the perfect topic that works for your audience?  
Contact Tina for other options.*

### Leadership & Teamwork

#### Equipped to Lead From a Place of Peace and Liberation

Leadership isn't easy. In fact, it is a lot like climbing a mountain. And the best leaders don't focus on getting themselves to the top, but on taking as many people as possible with them to the summit. In this talk, you'll be challenged to reexamine your leadership tendencies in order to become a leader that others want to follow.

#### Leveling Up Your Emotional Intelligence

Becoming smarter about how we manage ourselves and our interactions with others not only helps us manage stress and perform better, but it also has a profound, positive impact on the thing most people tend to want more than anything else – quality relationships. So let's level up your EI.

### Communication & Personality

#### Unleash the Power of Your Voice

Everyone has a unique voice that is needed inside teams and organizations. However, most people rarely know their own voice, let alone how to use it. During this presentation, you'll not only learn about The 5 Voices but also how to best communicate and work with people who have a different Voice than your own.

### Mental Health & Mindset

#### Mental Fitness: Nurturing Your Mind for Optimal Well-Being

In today's fast-paced world, maintaining good mental health is essential for leading a fulfilling life. Just as we exercise our bodies to stay physically fit, it's crucial to cultivate our mental fitness to navigate the challenges and uncertainties of life. In this seminar, we will explore the science and practice of developing mastery over your mind so you can make your highest contribution in the world.

#### Get in Gear: How to Be Present & Productive

One of the biggest challenges for anyone is learning how to be both productive in what we do AND be present in all our relationships. We strive to get our work done and do it well, but also make quality time for our significant relationships. You will learn the 5 Gears principle on how to get into the right gear at the right time, and how to communicate effectively with those around you.

#### Finding Peace in a Chaotic World

The world is longing for Peace. But, how do we obtain it internally if there is no peace externally? We'll explore five foundational areas that have a direct and noticeable impact on your daily well-being and happiness.

**tina evans**  
COACHING

**Let's Plan Your Event**

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