

## A SAMPLING OF WORKSHOPS

**truelifematters**  
EQUIPPING YOU WITH THE SKILLS FOR **TRUE** SUCCESS

### The Big REVEAL True Beauty Inside Out



#### It's Ladies Only!

These life altering courses are presented at three different age and maturity levels: middle school, high school, and mother/daughter mixed groups.

**'DRESSING FOR RESPECT'** is a 90-minute presentation that blows the socks off teen girls and their understanding of modesty in today's world; their heart motives and lack of awareness of how guys are built. It includes real feedback from teen guys in a persuasive visual Power Point.

The REVEAL project explores our unique and authentic identity, causing students to challenge the lies that culture and media purport about their beauty and value. We cover:

- Dressing for respect and modesty
- Strengths, talents and gifts
- Personality and temperament
- Healthy relationships and Communication
- Social confidence and grace
- Body image, nutrition, fitness, eating disorders
- Outside topics focus on embracing our God given natural beauty and how to accentuate that

Each REVEAL topic can stand alone as a 1-hour interactive session... or a series tailored to the needs of your students. I've used this as a mentoring group in the school day with students selected by the school counselors as well as after school 'club' Point.

## TOOLS4TEENS: Soft Skills for Life & Career

- \* Netiquette and Tech-NOTs
- \* Presentation and Public Speaking
- \* Professional Dress & Appearance
- \* Conflict Resolution and Mediation
- \* Communication; Verbal and Non-verbal
- \* Interviewing Skills
- \* Manners for Millennials

Confidence is the fruit of knowing how to behave in any social situation. Favor in the real world, whether in personal life or business, comes from developing 'people skills'. Each topic can stand alone as a 1-hour interactive session or a complete series tailored to the needs of your students.



## GENERATION BRIDGE: Closing the Gaps



So you think you know The Producers, The Boomers, Gen "X" and Generation "Y" also known as Millenials? Hold onto your hat—Generation "Z" is entering Kindergarten! Never before in history have there existed five such distinctly different generations simultaneously. Educators, parents, and students alike will be equipped and inspired by this provocative workshop.

Each generation possesses values, attitudes, styles, preferences, behaviors and expectations unique to its history and experiences. These values significantly affect the classroom and the workplace. This interactive program will help you master the strengths and challenges of all five generational groups, while you explore new ways to honor, lead, teach, parent and collaborate with colleagues of various ages and experience levels.

[WWW.TRUELIFEMATTERS.COM](http://WWW.TRUELIFEMATTERS.COM)



RAVE REVIEWS

## Business

"Tracy's training is unique and refreshing because she is so genuine, transparent, and relatable. Tracy has a wonderful sense of humor which adds even more value to her messages. People love to laugh while they learn. Tracy is a passionate believer in her topic. She authentically lives daily by her beliefs and principles. Therefore, when she communicates, there is great power in her words which then motivates and stirs people to action."

**Rhonda L. Anderson, Creative Memories Co-Founder**

"Many people can articulate fresh ideas, but few with the consistent passion that Tracy Palmer does. Her ability to win over an audience, tailor her message to create buy-in, and still be deeply personal, is a rare gift. My experiences working with her have proven that she is able to stay acutely on task in the most chaotic situations. She's the person you want representing your company, branding and messaging."

**Wes Thomsen, Project Manager, Editor, Owner White Knuckle Media, Award winning director**

## Education

"Thank you so much for sharing your expertise, energy and enthusiasm with our FACS teachers last week. Your presentation on Generation Y was well received and oh so timely! I look forward to working with you again soon."

**Judy Johnson, Curriculum Director District 728**

"I have had the opportunity to observe Tracy Palmer in the classroom and her interactions with students at our school. Tracy has demonstrated the kind of enthusiasm, energy and "outside the box" thinking that it takes to prepare students for the real challenges and opportunities facing our world. In my years as an educator and a corporate marketing executive, I know that it takes a certain skill set to be able to articulate solutions, create understanding and inspire people to dream. Tracy Palmer has all three of these qualities and that is why I would highly recommend her to any organization, company or school."

**Bob Freeh, Assistant Director, Spectrum High School**

## Non-Profit

"Tracy teaches with a tone and style of familiarity in her voice, expressions and gestures while adding humor that makes the listeners feel as if she has known them as close neighbors forever! Her disarming style allows her audience to relax and feel like they are sipping on a cup of coffee and having a personal conversation with an old friend. She is endearing, yet professional, transparent about her own experiences, honest and specific with a sense of permission from those she speaks to. In one word, she is INVITING."

**Karen Gilbert, Professional Christian Women's Network**

"When I think of Tracy Palmer, I think of lively, intelligent, provoking and heartfelt messages. She is a high spirited woman of strong faith and compassion. Tracy reaches her audiences in a profound way because she speaks from personal experience while her themes and stories are universal. In today's serious, complex world, we need to listen to Tracy Palmer. She is eloquent, funny and relevant all at the same time, a rare combo!"

**Susan Iida-Pederson, Trainer, Coach, Founder, "Choose Joy"**