

Ellen Goodwin

Productivity Expert, Middle-Aged Action Hero



Speaking Topics

Each one of Ellen's speaking topics will be customized for your organization and can be conducted in a presentation or interactive workshop format.

Be The Action Hero of Your Own Life

What's in This for You?

Action Heroes and Super Heroes are often confused for one another. A superhero is, well...super, with powers that extend beyond the mere mortal. Action Heroes are everyday people, like you or me, who are able to accomplish what once seemed impossible. What's the difference between the average person and the Action Hero? That's where Ellen comes in.

Ellen will serve as your Action Instigator, and provide the step-by-step formula to change ordinary to amazing. Fun and functional do go hand-in-hand, as you move from impossible to achievable to completed.

Lessons Learned:

- the power of being "in action" and why it's easier than you think
- the four types of procrastination and how to conquer them
- how to do more with less time
- how to put the oxygen mask on you first (seriously...you can do this)

Get Out of Your Own D*mn Way

What's in This for You?

It's easy to confuse our "to do" with "I have to," which is what sucks the fun out of our day-to-day. When our subconscious is filled with dissatisfaction, we become distracted, and feel paralyzed to step out of our comfort zone. And that leaves us stuck in a maze of procrastination.

By understanding the science behind our brain, and working with our triggers rather than against them, we can enter into "the flow" of productivity and achievement. Ellen will show you the path to everything you want (and everything you want is just outside your comfort zone).

Lessons Learned:

- the five brain-based solutions that can change your life (really)
- the science behind setting goals
- the #1 trick to eliminating self-sabotage
- how to achieve goals faster and with less effort

"Your TEDx talk was outstanding! You have a great energy and delivery and your talk really touched on universal points that we all can understand."

- Ron R., Investigator

"Thank you for your talk this week. Both myself and my staff walked away energized and enthused! We are now all striving to be 'In Action.'"

- Tricia C., Entrepreneur

"Ellen really engaged the group and kept our interest! Her time went by much too fast. By far one of our best speakers. She gave us good information to take with us and specific actions we could implement immediately."

- Cynthia B., Sales Director



BOOK ELLEN TODAY!

619.889.9106

EllenGoodwin.com

Speaking Topics (continued)

MindShift: Be the Force for Change

What's in This for You?

So much of our mind remains not merely untapped, but actually operating against us. Realizing when you're stuck, and changing your state immediately, (not after therapy, not in three weeks, but immediately) is the key to embracing change, while making a once challenging process both powerful and fun.

Humans spend so much time in the past or the future, but by remaining present, we can change our mind, our body, and our results. Change isn't difficult when we realize that by taking action, we can eliminate fear.

Lessons Learned:

- the science of change - and why we fear it
- why "I suck" isn't a phenomenon to you alone (hint: we all do this)
- how to stay present, or bring yourself back to present
- how to move through fear even when you want to crawl back into bed



Ellen Goodwin

A little sass, a dash of smart-@ss, and a whole lot of answers about the science of achievement, Ellen Goodwin is your middle-aged Action Hero, ready to provide you the swift kick in the @ss that you need to take action and empower yourself.

But Ellen wasn't always an Action Hero.

A lifelong creative entrepreneur, Ellen didn't know when to say when, and like many of us stayed too long in a career that she no longer found fulfilling. It was only after procrastination drove her to the brink of losing her business, that Ellen woke up. Her experience made her ask "why." Why had she gone so far and deep down the rabbit hole of procrastination?

Ellen found that neuroscience held not only the answer as to why we stay stuck, but the formula for what we should do instead. By working with our natural human habits rather than fighting against them, we can create a game plan to squash procrastination and step out of our own d@mn way.

Which is where Ellen comes in. By teaching you the "why" of your own experience, Ellen will move into a new reality, supporting you every step of the way.

Look for her forthcoming book, *Action Hero Lifestyle*, coming soon.

Ellen has spoken at:



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FINANCIAL
SUMMIT



Book & Connect Today!

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