

# Women in \_\_\_\_\_ (your group) Rock!

## *Program Description*

### **Overview:**

We all know that staying motivated and positive each and every day can be tough. This interactive and upbeat keynote is what you need NOW to get re-charged and reenergized! We'll talk about ways to keep "rocking and rolling" despite the ups and downs you experience – as a mom, grandma, wife, employee, or whatever hats you might wear.

We'll cover the three keys to success in any woman's life: positive attitude, living/working with others (despite their faults), and making a difference. This keynote is filled with stories, volunteer opportunities, and songs - we use music at the end of each major point and remind you of how important and appreciated you are!

**Length:** Keynote: 45-90 Minutes

**Participant Materials:** 1 Page Handout (Optional)