

 **LIVE**

January 1, 2024 | 2:30 PM EST

2024 Career & Mindset Transformation VISION BOARD PARTY!

Create a vision for your best year yet!



Hosted by:

Dr. Kristy K. Taylor
Certified Career and Master Mindset Life Coach, Founder of WORxK Solutions, LLC.

MEET OUR



Kristie Kennedy
TEDx Audacious Leadership
Keynote Speaker and Authentic Lifestyle Author



Chris Mitchell
Founder/CEO of #DefineYourself



Sonda Eunus
CEO, Leading Marketing Solutions



Latonya Sumpter
Founder, Empowered Well-being LLC



Olusegun Eluyode
Founder of Houserdin Consulting and Lacaperia Academy



Candace Lance
Founder of Holistically Well & Certified Holistic Wellness Coach



Katie Kozlowski
Master Energy and Embodiment Coach and the Creator of the ShaktiBomb Method™

MY 2024 VISION

What are some key career goals or aspirations you hope to achieve by the end of 2024?

If your career were a story, what would be the key chapters or highlights you'd want to include in the narrative of 2024?

What symbols or images represent the skills, values, and aspirations you want to embody in your professional life in 2024?

WHAT CAN I SAY TO MYSELF?

Instead of saying this...

- ⊗ "I'm not good enough."
- ⊗ "I'll never succeed."
- ⊗ "I always mess things up."
- ⊗ "I'm a failure."
- ⊗ "I'm not smart/talented/attractive enough."
- ⊗ "I'll never be as good as [someone else]."
- ⊗ "I'm too [old, young, inexperienced, etc]."

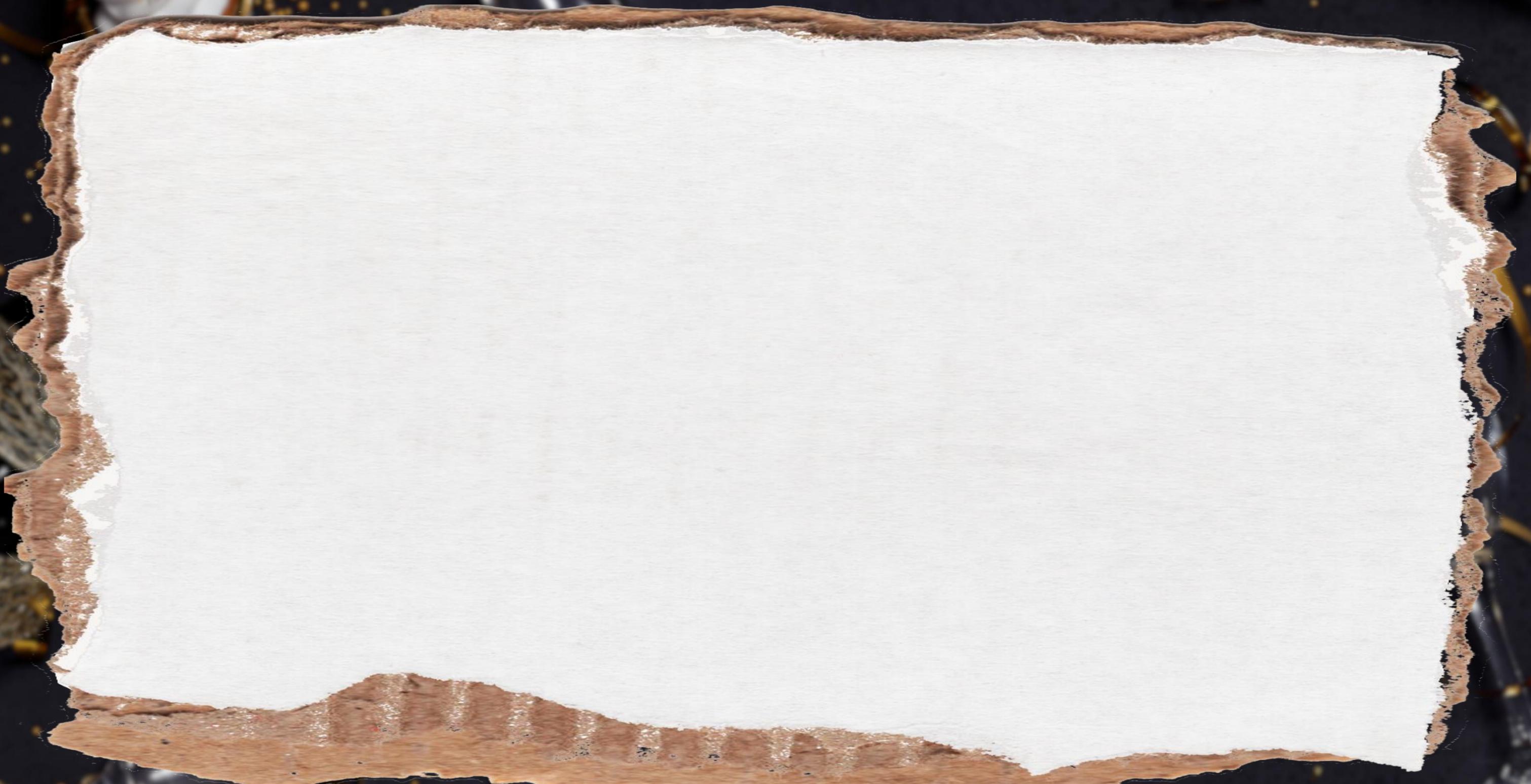
Try....

- ✓ "I am capable and continually improving."
- ✓ "I am on a path to success, and each step forward is a victory."
- ✓ "I learn from my mistakes and use them as opportunities for growth."
- ✓ "I am resilient, and setbacks don't define my worth."
- ✓ "I possess unique strengths and qualities that make me valuable."
- ✓ "I celebrate my unique qualities and recognize my own worth."
- ✓ "My age and experiences contribute to my wisdom and growth."

CRAFTING MY VISION BOARD

- Find Inspirational Images: Go to Google Images or any preferred image search engine.
- Search and Save:
 - Find images that represent your goals.
 - Right-click on the images, choose "Save Image As..." and save them to your computer.
- Insert Images into PowerPoint:
 - Head on the next slide.
 - Click on the white area; it's your vision board.
 - Navigate to "Insert," choose "Pictures," and add the saved images.
- Resize and Arrange:
 - Resize images to fit the white space.
 - Arrange them visually.
- Customize and Decorate:
 - Use PowerPoint features for colors, shapes, and fonts to customize.
 - Be creative and make it visually inspiring!
- Save Your Vision Board:
 - Save this PowerPoint file by clicking "Ctrl + S"
- Reflect:
 - Take a moment to reflect on your vision board.
- Set as Desktop Background (Optional):
 - Save the slide as an image and set it as your desktop background for a constant reminder.
- Stay Inspired:
 - Regularly revisit your vision board to stay motivated and focused on your goals.

MY VISION BOARD



Set a positive
career mindset
affirmation you
can say to
yourself in 2024.



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Taylor
Host



MEET OUR



Kristie Kennedy, The Image Confidence Expert is a TEDx Audacious Leadership Keynote Speaker and Authentic Lifestyle Author. As the owner of Queenfidence @Global Image Consulting her electrifying inspirational gift empowers visionaries with confidence and clarity keys to find their voice, free their voice and look fabulous using their voice. She specializes in four areas of peak performance: mindset mastery, massive momentum, magnetic messaging and potential maximization. She is a Certified Radical Resilience Coach who builds powerhouse mindsets, equipped for success. Kristie's evocative teaching style elevates your self-perception from stuck to unstoppable, invisible to invincible and timid to tenacious. Her bodacious belief is a testament that you can shift from mediocrity to magnificence one daring action step at a time.

Connect with Kristie
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Chris Mitchell is a 2-time award-winning speaker and a certified confidence life coach who serves the disabled community. Chris is the author of the soon-to-be-released book, "Success Starts with Self-Confidence" and the host of the "Successful, Self-Employed & Disabled Podcast" debuting January 2024.

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Sonda Eunos, Owner of LMS Plus, a Marketing & Events company, and LMS Network, a free Business Networking group, organizes frequent networking and educational events. LMS also hosts vendor expos, charity drives, and more. Sonda's true passion lies in dance, and she recently launched DanceFit Wellness, offering over 30 weekly group classes in dance, fitness, self-defense, martial arts, music, nutrition, stress relief, yoga, and more for \$75/month. Kids can join for free. The center also provides medical and mental health care, holistic therapies, private training, healthy eating options, and more at www.dancefit-pro.com.

Connect with Sonda
Website: www.dancefit-pro.com



Latonya Sumpter is the founder of Empowered WellBeing, a 300-hour certified yoga instructor, and Women's Empowerment Coach. She is a beacon of strength and resilience on a mission to empower women through holistic wellness. Her journey began against a backdrop of childhood abandonment, rejection, and molestation experiences that could have defined her, but instead, fueled her determination to overcome. Her mission is now to help other women across the globe grow, heal, and flourish through transformative practices both on and off the yoga mat.

Connect with Latonya
Instagram: [Empowered_wellbeing1](#)
Tiktok: [Empowered Wellbeing](#)

MEET OUR



Olusegun Eluyode, also known as Phenomenal Trainer, is a career advisor, author, business strategist, serial entrepreneur, and anti-status quo advocate. He is the founder of Houserdin Consulting and Lacaperia Academy. Olusegun is the author of several works, including "Create Your Throne in That Industry," "African Youth," and "The Future of Jobs," among others.

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Candace Lance is a certified Ayurveda Nutritionist & Certified Holistic Wellness Coach. She transitioned from corporate burnout and hitting rock bottom in her health to become the founder of Holistically Well, a wellness practice rooted in optimal health, well-being, and longevity through Ayurveda practices.

Connect with Candace
Facebook: [holisticallywellwithcandace](#)
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Website: <http://www.holisticallywellut.com/>
Free Resource, Build a Routine to Meet Your Needs:
<https://view.flodesk.com/pages/64e14c07c7567cef7b9f6be5>
Complementary 30 minute health & wellness coaching session:
<https://heal.me/practitioner/candace-n-lance>



Katie Kozlowski is a master energy and embodiment coach and the creator of the ShaktiBomb Method™. She assists smart, spiritually driven, and highly motivated individuals in making significant breakthroughs, empowering them to manifest more of what they desire by connecting to their core beliefs, needs, and desires.

Connect with Katie
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Website: <http://www.katiekozlowski.com/>

WORxK Solutions, LLC.

COMPANY PROFILE

Empowering people to enhance their skills and cultivate professional growth through 1:1 action-oriented, accountable coaching and targeted workshop delivery..



ABOUT US

- **WORxK Solutions** partners with organizations to develop customized training solutions that incorporates accountable coaching to improve strategic operations.
- **CareerCoachRx** is the coaching branch of WORxK Solutions, where we partner with clients to provide customized career branding support and job search assistance. We work with clients to overcome self-limiting beliefs to achieve their career goals.

WHY CHOOSE US?

Choosing WORxK Solutions means choosing tailored success. Whether through CareerCoachRx for individuals or collaborative business solutions, we craft customized strategies aligned with your goals. Serving as your chief motivation officer and accountability partner, we stand by you at every step, turning aspirations into tangible achievements. WORxK Solutions is not just a service; it's a dynamic and supportive partnership for personal and professional growth.

OUR SERVICES

- ✓ Employee Engagement Programs
- ✓ Transition Support
- ✓ Networking Skills
- ✓ Mentorship Programs
- ✓ Performance Improvement Plans
- ✓ Diversity and Inclusion Initiatives
- ✓ Onboarding Support
- ✓ Employee Coaching
- ✓ Talent Development
- ✓ Leadership Development
- ✓ Training & Development
- ✓ Career Development
- ✓ Succession Planning
- ✓ Work-Life Balance Workshops
- ✓ Health and Wellness Workshops
- ✓ Professional Presence Coaching
- ✓ Professional Development
- ✓ Career Exploration
- ✓ Career Goal Setting
- ✓ REBT Mindset Transformation Coaching
- ✓ Stress Management Coaching
- ✓ Work-life Balance Coaching
- ✓ Burnout Prevention Coaching
- ✓ Career Strategy Success Planning
- ✓ Books & Career Development Resources

BOOK YOUR FREE CONSULTATION TODAY!

MEET OUR COACH & TRAINER

Dr. Kristy K. Taylor is a Certified Professional Career Coach and Master Mindset Life Coach with over 18+ years of experience in educational leadership and training. She is a military veteran, speaker, author, teacher, mentor, and advocate. Dr. Taylor holds a Doctorate of Health Science in Global Health from A.T. Still University and an Education Specialist degree from Liberty University. She leverages her diverse background to support clients and organizations to achieve targeted outcomes through strategic, action-oriented, accountable coaching and customized workshop development and facilitation.



Career CoachRx
THE PRESCRIPTION FOR CAREER SUCCESS

WORxK SOLUTIONS

For Personal Career Coaching and Career Branding Services

For Businesses and Organizations



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