



## POWERFUL INSIGHTS. PRACTICAL SOLUTIONS. IMMEDIATE IMPACT.

Inspiring. Engaging. Riveting. Laugh-out-loud funny. Authentic. Highly entertaining. With a rare ability to connect at a deeper level with her audiences – in person or virtually. Kim is a sought-after thought leader on change and resilience who leaves her audiences with a **“Momentum Mindset”** - ready to **conquer change, take bold action, become more resilient and accelerate success in the midst of change, uncertainty and yes, even in the midst of a pandemic.**

### Kim’s Programs Help YOU:

- Reduce Stress
- Boost Performance and Productivity
- Improve and Enhance Relationships
  - Adapt and Conquer Change
  - Boost Resilience
- Lead with More Confidence and Clarity in the Midst of Uncertainty

## **Program: Build a Momentum Mindset®: How to Conquer Change, Reduce Stress, Boost Resilience and Accelerate Your Success During Uncertainty**

### **Program Description:**

Change, uncertainty and disruption are guaranteed – especially now. But growth and progress are not. How you deal with this ever-changing high stress pandemic and post-pandemic world is completely up to you. You have a choice. Your people have a choice. Your organization has a choice. You can stay stuck or develop a Momentum Mindset® so that you can move forward and grow with grit in the midst of the change and uncertainty.

Kim shares her own stories of resilience in life and business with healthy doses of vulnerability, humor, and motivation and will share how to use resilience to not only navigate and cope during change and uncertainty, but build a Momentum Mindset where you push past limited thinking and use the adversity, change and uncertainty in your life and the world as the fuel needed to propel you forward – stronger and better than before.

Leave this program equipped with the tools you need to transform your mindset to think differently, conquer and adapt to change and challenges and create the everyday resilience required in this ever-changing complex pandemic world to build momentum and accelerate your success no matter what.

### **Program Outcomes:**

Leave this program learning how to:

- Enhance your ability to adapt to change, deal with the unexpected and develop greater flexibility and become a champion of change, instead of a resister to change
- Develop key techniques and simple mindset shifts you can use to reduce stress and overwhelm and boost your resilience
- Maintain a positive attitude, create more focus, and become more present, productive, engaged and connected to yourself, your teams and those you serve
- The power of locus of control: How to let go of those things you can't control and focus on what you can control
- How to boost productivity and focus during uncertainty

## About Kim Becking

Kim Becking is an engaging, high-energy, fun, and impactful keynote motivational keynote speaker, coach, consultant, author and thought leader who has been helping organizations, leaders, teams, and individuals conquer change, boost resilience, reduce stress and overwhelm and communicate and connect in a more authentic and meaningful way for over twenty years. **She provides people with the tools needed to create a “Momentum Mindset.” - ready to conquer change, take bold action, become more resilient, accelerate success and achieve more in their business, life and relationships no matter what life throws at them.**

A sought after motivational keynote speaker and change and leadership expert, Kim has been featured in national media such as *People*, *SELF*, *The New York Times*, *USA Today*, *Good Morning America* and *Lifetime Television* for her expertise on resilience and thriving in the midst of change.

Using humor and vulnerability, Kim has the ability to connect with her audiences at a deeper level. Her authentic, engaging, humorous, and empowering messages of extraordinary resilience, conquering change, and creating success regardless of your circumstances have made her a favorite among her audiences.

Kim knows a thing or two about change and challenges through her own experiences in business and life. As an attorney, serial entrepreneur running 2 successful businesses, communications strategist, and “recovering” political consultant, Kim has conquered the ever-changing tough worlds of business, government, and politics. She’s also conquered breast cancer.

Kim has boosted communication, collaboration and consensus building capabilities for companies, associations, government, and non-profit organizations. As a communications strategist, she provides practical tools and strategies for leaders to effectively manage change and deal with difficult people, tough conversations, and hard issues through the art of effective communication. She’s coached CEO’s and C-Suite leaders, association executives, top level leadership, and government officials to accelerate their success.

Kim graduated with honors from Missouri State University with a Bachelor of Science degree in marketing and received her Juris Doctorate with honors from the University of Missouri-Kansas City School of Law. She is a member of the National Speakers Association, the International Association of Business Communicators, the Association of Talent Development and holds a Certificate of Public Participation from the International Association of Public Participation.

Kim resides in Columbia, Missouri, and delivers programs, training, coaching and consulting both virtually and in-person throughout the world.

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