

Keynote & Workshop Topics

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Every session is ready-made, interactive, and can be customized to your organization's needs. Topics below can be delivered as standalone keynotes, half-day workshops, or part of a larger leadership or transition-readiness program.

What Is End-of-Career / Retirement Coaching and How Can It Help My Organization

An overview of end-of-career planning and pre-retirement coaching, including succession planning and exploring the beliefs, emotions, and attitudes that impact more seasoned employees later in their careers.

Preparing YOU for That Next Major Life Transition

Most people face 5-7 major life transitions requiring them to re-evaluate their life or organization. We review the cycle of endings, transition, and new beginnings, and what you can do to move through it.

Improv to Improve

A lively, interactive workshop using improvisational techniques to enhance engagement and communication.

Improv for a Coaching Mindset

Improv techniques explore the ICF core competency of Coaching Mindset, grounded in being present, curious, flexible, and client-centered.

Braving the Transition from Mistrust to Trust

A facilitated discussion for leaders navigating situations where trust in their team or colleagues has broken down.

Transitioning from Sage on the Stage to Guide on the Side

Distinguishes these two leadership approaches, offers strategies for each, and helps leaders determine when to use them.

Combating Burnout

Leadership strategies for when you, or your staff, are experiencing burnout.

Exploring How Confidence Leads to Successful Teams

Understanding confidence and practical methods to reclaim it as a leader.

Finding Your Way Out of the FOG (Fear, Obligation, Guilt)

Experiential learning to reflect, gain awareness, and build resilience around intentional procrastination.