

It would be an honor for our founders to empower your listeners to live their most extraordinary and wholly fulfilled lives. We have a list of 25 specific topic ideas for you to choose from to best fit your audience's needs.

## OUR OFFICIAL FANCY BIO

Founded in 2018, Mettacoool enables women to achieve higher levels of performance and well-being through personalized coaching and evidence-based education that focuses on collective well-being and fosters the community working women need to thrive.

Mettacoool offers specialized programs and services focused on working with high-potential women who are preparing for or experiencing significant transition, such as career advancement or role change, motherhood, and the return to work after maternity leave.

We believe we can change the narrative of what it means to be a successful woman: a narrative that gives women permission to prioritize their well-being and live out their purpose parallel to climbing the corporate ladder.



## What we're really known for:

- Being best friends first and business partners second.
- Dreaming big and strategizing over big glasses of red wine.
- Giving it to you straight followed with a hug.
- Obsessing over creating strong female communities.

## *Our favorite types of women to inspire are women striving to...*

- Understand their true purpose and unlock their professional potential
- Discover the intersection of personal and professional development at work
- Climb the corporate ladder without losing themselves
- Set goals to achieve their vision for a truly extraordinary life
- Successfully juggle raising a family with their professional responsibilities

# TOPICS NATALIE & MOLLY LOVE SPEAKING ON

## Purpose & Mission

- Unlocking your potential at work by understanding your purpose
- How to infuse more purpose into your current job without changing your job
- The power of affirmations, visualization and manifestation
- Developing your life's mission statement
- Positive self promotion for women

## Work-Life Integration

- Integrating mindfulness into your work day
- Staying well as a road warrior
- Preventing burnout at work
- Finding the intersection of personal and professional development at work
- Realistic self care
- Effective morning routines to help you win the day
- Our tips for meal planning and prep

## Major Life Transitions

- Your job post baby; preparing for change
- Preparing for the return to work after maternity leave
- Determining your strengths and transferable skills for possible career change
- Preparing for a healthy pregnancy
- Entering the workforce without losing yourself
- Re-entering the workforce after time off

## The "Mettacool Mindset"

- The power of visualization: Visualizing your extraordinary life and the life you want
- Realizing the power of your connections and community
- SMART goal setting
- How to bridge the intention-action gap
- Resilience training
- Writing the counter narrative to your limiting beliefs