



Optimum Performance, Inc. is an organizational development, cultural consulting and training company. There are several skills-based training modules as well as other related topics suitable for keynote presentations and/or workshops:

- Relationship Building
- Profiling I&II
- Dealing with Resistance
- Delegating
- Effective Communication
- Service Excellence
- Creating & Sustaining a Service Culture (Leaders)
- From Concept to Culture (Bringing your vision to life/creating your customized culture)
- *Management Training (9, 3-hr modules and certification ceremony)
- Leadership Training (includes Vision Workshop)
- Sales Training
- Effective Networking: Developing Your Centers of Influence
- Performance Coaching & Accountability
- Managing Stress
- Managing Time
- Managing Multiple Priorities
- Building and Motivating Your Team
- Subarctic Survival Training (Teambuilding/Leadership)
- Making Effective Presentations
- Writing for Business
- Workplace Ethics

Popular Keynote Topics:

- Sink or Swim...Navigating Through Your Culture
- Gender Differences in the Workplace (Communication, Networking, Management)
- Leveraging Learning/ Sustainability
- Workplace Motivation
- Workplace Ethics
- Generational Differences of Today's Workforce (Veterans, Boomers, Gen X'ers, Gen Y's)

Lisa Cathie is the founder of Optimum Performance, Inc., which provides consultative solutions for growth, including change management and training & development.