

Your Future Is In Your Hands

TOPICS for SEMINARS * WEBINARS * TELESEMINARS * TALKS

Diana Todd-Banks, Best Selling Author, Coach and Speaker, presents topics about life experiences, and inspirational, motivational, and self-development topics for moving forward.



- *What's Holding You Back From ... ?**
- *What is Self Image & Why it's So Important for Your Future Confidence**
- *Fear is a Gift in Disguise - Life Changing Keys to Overcoming Fear**
- *Understanding Wellness - Why Dispelling The Jargon is so VIP**
- *Thinking Big is a Vital Part of Life**
- *How To Develop Your Creativity – (*everyone is born with it*)**
- *Understanding & Developing Those Hidden Tools of Gut & Intuition**
- *How To Decide Where To Go Next In Life**
- *Change Is an Exciting Opportunity - How To Deal With It Effectively!**
- *Coping With Transitions in Life**
- *A Creative Exploration: Daring To Dream Your Future
Possibility Thinking - Brainstorming – Mind Storming**
- *Self Esteem, Self Confidence Workshop**
- *What's Gone With Eating Today?
Understanding Food Quality for Your Future Health**
- *Why These Hollywood 'Pearls' Are Fuel for Your Future**
- *Packing Up & Other End of Life Matters**
- *Mental Rehearsal and Theatre of the Mind, Vital for Goal Achievement**
- *How to Write A Book or eBook**