Topics Valerie can discuss in an interview:

PERSONAL DEVELOPMENT:

- Top 5 ways to identify and transform destructive beliefs, perceptions, values and behaviors.
- 3 Keys to being an enlightened leader.
- Why selfishness can be a key to changing our lives for the better.
- How to take a “radical sabbatical” from the corporate world and tips for others who are transitioning.
- Feeling unfulfilled despite great success? 5 questions to ask yourself to discover the root of dissatisfaction.
- The Happy to Be ME! 4-step process that will help you stay happy no matter what’s going on in your life.
- The 3 practical ways to reduce depression, anxiety, fear and anger and be joyful.
- Laughing all the way to success: How to use fun and laughter in the workplace to boost productivity, performance and loyalty.
- Lessons from improv comedy for creating a life well-lived.
- Test your relationship with yourself: How to determine the quality of your relationship with yourself and why it’s the most important relationship you have.
- Do your friends and loved ones propel you forward or hold you back? (Exploring attachments to determine if they are helping or hindering your ability to improve your life.)
- How to create a stronger sense of self and connection to your innate wisdom and guidance.