

## Locknote #5 (30-45 min.)

Jacqueline Fiore



Speech Title: Email Clean-Up 101!

Description: As part of Jacqueline's Productivity Principles series on time strategies, email cleanup 101 focuses on applying some basic productivity strategies to email use. Jacqueline is going to share some quick tips and tricks on how to minimize the number of emails to address, and how to minimize the amount of time spent on emails.

Learning Objectives: Apply the "focus funnel" to email use and receive the "email clean-up 101" cheat sheet to remember and apply principles in the future, and to contact Jacqueline if you would like additional support.

Brief Bio: Jacqueline is a Master's level Industrial-Organizational Psychology Practitioner with a decade of experience building high-performing teams and driving business growth. She focuses on both internal and external consulting to help others improve performance and grow their bottom line. Jacqueline is also a decorated Army veteran and former executive board director who values building effective relationships with her clients and business partners.

## Our Mission:

The mission of the PowerTalk Power Club is to educate, entertain, and engage our Power Pal members to participate in fun, alternative yet complementary professional development meetings where every member has the opportunity to prospect, promote, and present their programs, products, and services in order to enhance their own business and professional growth.

## Our Vision:

The PowerTalk Power Club is designed to empower you. We invite you to participate as a "Power Pal" Speaker and a Powerful Networker. Our interactive professional learning environment will support your development as a VIP Speaker, Entrepreneur, and Small Business Leader.

## Our Values:

Members of this club seek to support one another through effective feedback in the form of speaker presentation evaluations, networking and referrals, and sharing resources that can help our members achieve their personal and professional development goals.

## Our Overall Objective:

Our overall objective is to encourage all our Club Members to continue to grow as business professionals and to help foster a supportive and fun social environment for personal enrichment.

## Who We Are:



Roman & Vitalia Pundyk are award winning international speakers, coaches, authors, and area experts who deliver training programs that result in leadership development, improved communication, and organizational growth.

In addition to offering their own powerful on-site presentations for small businesses and corporations, this dynamic Power Team invites you to participate in their unique content-rich, interactive, high value networking and learning experience as a

**Power Pal Member  
of the  
PowerTalk Power Club!**

"Developing Leaders, Achieving Dreams,  
Helping Build Empowered Teams!"

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## PowerTalk Seminars, LLC

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## PowerTalk Power Club Evening Dinner Program

**4 quarterly sessions = \$80**

5:00pm-9:00pm on the following Tuesdays:

- ◆ February 7th
- ◆ May 9th
- ◆ August 8th
- ◆ November 14th



### Ice Breaker Speaker #1 (4-6 min.)

Evgeniya Djuranovic



#### Speech Title:

Hunting for Health!

#### Description:

In this speech, we will explore how modern conveniences have led us away from the natural lifestyles of our hunter-gatherer ancestors and how we can embrace those lifestyles for better health.

#### Learning Objectives: N/A

- Learn about the benefits of a hunter-gatherer lifestyle.
- Understand the importance of stepping back to a more natural way of living.
- Gain practical tips for incorporating aspects of a hunter-gatherer lifestyle into our daily lives.

#### Brief Bio:

Evgeniya Djuranovic owns Wellness With Evie LLC, and is a certified health coach. After her personal health journey led her to discover a healthy relationship with food, she now helps others do the same and achieve long-lasting food freedom, a healthier lifestyle, and enjoying life to the fullest.

### Bonus Speaker #2 (5-7 min.)

Evgeniya Djuranovic



#### Speech Title:

Taking Control of My Health!

#### Description:

In this speech, we will explore Evgeniya's personal journey toward better health and well-being. Through small steps and conscious decisions, changing daily habits, the importance of support and accountability on the journey towards a healthier lifestyle. It is an inspiring reminder that it's never too late to change toward a healthier and happier life.

#### Learning Objectives:

- Commit to your health and start small and celebrate your wins, big or small.
- Treat yourself well, remember why you started, and keep going.
- Find a support system - you are not alone!

#### Brief Bio:

Evgeniya Djuranovic owns Wellness With Evie LLC, and is a certified health coach. After her personal health journey led her to discover a healthy relationship with food, she now helps others do the same and achieve long-lasting food freedom, a healthier lifestyle, and enjoying life to the fullest.

### Keynote Speaker #3 (10-15 min.)

Evgeniya Djuranovic



#### Speech Title: Understanding the Two Types of Hunger!

#### Description:

This speech explains the difference between emotional and nutritional hunger. Emotional hunger is sudden, specific, and urgent, while nutritional hunger is gradual, open, and patient. Understand how emotional hunger makes us crave unhealthy foods and eat mindlessly. It also provides tips to avoid emotional eating and make healthier choices.

#### Learning Objectives:

- Understand the difference between emotional and nutritional hunger and how to recognize them.
- Understand the impact of emotional eating and the importance of mindful eating.
- Learn practical tips and strategies for coping with emotional hunger healthily.

#### Brief Bio:

Evgeniya Djuranovic owns Wellness With Evie LLC, and is a certified health coach. Her personal health journey led her to discover a healthy relationship with food.

### Mini-Wkshp #4 (15-30 min.)

Neville Wilson



#### Speech Title: How to Divide Nations!

#### Description:

A mini- course about the Oklahoma Indian Territory, how land was divided among the Five Civilized Tribes, how land was allotted to individuals, and current day effects on tribal members.

#### Learning Objectives:

Become more familiar with the history of the Oklahoma Indian Territory, the Five Civilized Tribes (especially Choctaw), and the Dawes Rolls.

#### Brief Bio:

Neville Wilson grew up on a farm in South-eastern Oklahoma, where his family raised peanuts, cotton, and beef cattle.

He majored in Crop Genetics, with degrees from the Agriculture Colleges at Oklahoma State University and University of Minnesota.

Neville's jobs have included teaching Agriculture at Northwest Missouri State University, and working for both the MN Dept. of Ag. and MN DNR.

He is currently semi-retired and substitute teaches in several school districts near his home.

Neville and his wife, Lynn, live in North Branch, MN. They have five children and twenty grandchildren (so far).