



ATOYA FOLLINS

MINDSET COACH

SPEAKER KIT

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Keynote speaker, author and certified life coach, Atoya Follins specializes in relational transformation. Atoya works with both organizations and high potential individuals to equip them with strategies to strengthen their emotional intelligence and expand their leadership tools.

With her 5 step framework, The EQ Communication Enhancer, Atoya focuses on helping women leaders of color improve their Emotional Quotient by as many as 25 points and favorably influence others in the areas of diversity and leadership. Her practical stage presence allows her audience to easily relate and instructs listeners on how to manage relationships and become more self aware.

With a decade of experience as a Senior Financial Analyst, Atoya has most recently keynoted at The Higher Purpose Co. Business Fellowship program. Atoya graduated from Mississippi State University, is a member of Alpha Kappa Alpha Sorority, Inc., and has an MBA from Southern University and A&M College. Atoya lives in Louisiana with her husband and two children.



SPEAKER TOPICS

The Voice Of Leadership: How to use EQ to influence others and move the needle

In the wake of Covid-19, economic uncertainty, and societal unrest, women leaders will need to focus now more than ever on empathetic leadership to motivate employees, lead high performing teams, and foster creative, productive environments. According to the State of Workplace Empathy Study, 96% of employees think that it is important for leaders to demonstrate empathy; however, 92% believe that this trait is not valued. The Voice of Leadership offers essential tools to building EQ and meeting the new workforce expectations.

Takeaways:

- How to use the 5 competencies of Emotional Quotient to become a well received leader
- How to create physiological safety through effective communication
- The art of minimizing stress and successfully navigating difficult situations

Carry The Team: How to Get Things Done Without Burning Out

According to a new DDI Global Leadership Study, burnout in the workplace has increasingly become a global concern. 86% of high potential employees and 66% of leaders report feelings of emotional, physical, and mental exhaustion. In Carry The Team: How to Get Things Done Without Burning Out, Atoya advises how to protect emotional hygiene and workplace performance by creating burnout prevention strategies and managing stress.

Takeaways:

- A 5 step approach to burnout prevention
- How to quickly identify burnout triggers
- How the practice of mindfulness reduces stress
- 3 recovery and re-engagement tactics

It's Actually Their Idea! How to Manage Engagement and Buy-In Post Pandemic.

After months of lockdown and remote work, companies are slowly beginning to welcome employees back into the office. While managing engagement and getting workers to buy into a company's vision has never been a walk in the park, post pandemic engagement efforts will come with unique challenges. Research has shown that disengaged employees can cost approximately \$450-550 billion per year. It's Actually Their Idea! How to Manage Engagement and Buy-In Post Pandemic provides practical strategies to communicate with your team that not only are they a part of the vision, but that they also create it.

Takeaways:

- 5 barriers to engagement and how to overcome them
- How to earn engagement that leads to increased productivity
- The most effective tools to measure the employee experience

CONTACT

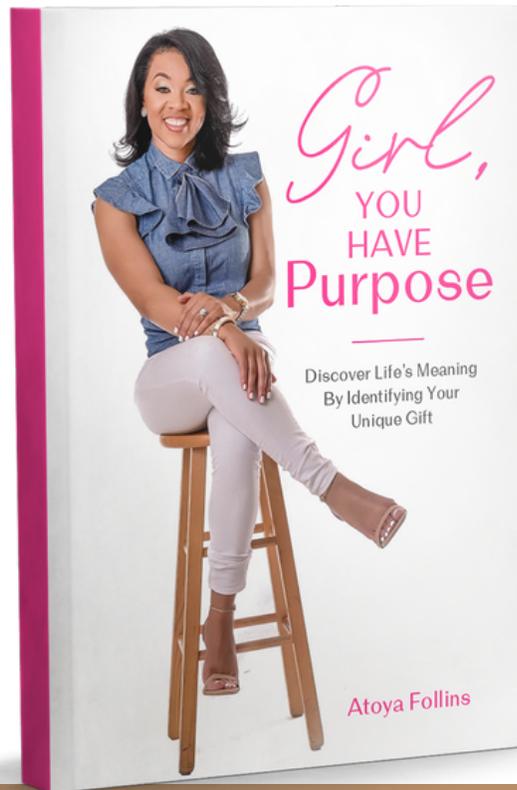
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GIRL, YOU HAVE PURPOSE



AUTHOR

Life is good! Actually, it may even appear better than it really is. You have the best of a lot of things, yet you STILL find yourself experiencing seasons of unfulfillment. You ask yourself often, "WHY AM I HERE? WHAT'S MY LIFE'S ASSIGNMENT?" You may be searching for clarity of the inner voice that is constantly nudging you to do or be more, but you find yourself frustrated because you aren't exactly sure what it is that's calling you or how to respond to its call. If you are at a point in your life where it is absolutely necessary that you manifest your greatness and reveal your purpose, this book is for you.

In *Girl, You Have Purpose*, Atoya Follins peels back the layers of confusion that are hindering you from getting the clarity you need to discover your life's divine assignment, identify your unique gift, and immediately align with your destiny. In this book, you will discover:

- The secret sauce to living a more fulfilling and purpose-driven life
- How to not only speak but to receive your affirmations
- How to transform your mindset to work for you and not against you
- Positive self-talk exercises that will lead to discovery of purpose

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