



An acclaimed leadership speaker, **Tricia Molloy** is an expert on developing a positive mindset to reduce stress, improve work-life balance and achieve goals. Organizations like The Home Depot, Marriott, the CDC, and the Network of Executive Women hire Tricia to inspire their people to perform at their best every day. She is a coach for professionals who crave more success at work and in life and the author of *Working with Wisdom: 10 Universal Principles for Enlightened Entrepreneurs* and the *CRAVE Your Goals!* eBook. Her immersive, online course for project managers and HR professionals, **CRAVE Your Goals! Motivate Your Team and Get Things Done**, is available through Velociteach.

Tricia's most popular interactive, customized programs are **CRAVE Your Goals! Five Simple Steps to Reduce Stress and Get Things Done**, **Better Balance: The Why, What and How of Work-Life Integration** and the **Picture This! Vision Board Workshop**. She is known for sharing compelling, memorable stories, showcasing the wisdom of program participants, and recommending relevant, practical strategies that can be applied right away.

A trusted media resource, Tricia has been featured in Fast Company, Entrepreneur Magazine, Fortune.com, NBC-TV's Today.com, The Atlanta Journal-Constitution, the Atlanta Business Chronicle, and on radio and television.

To book Tricia Molloy call Executive Speakers Bureau at 901-754-9404.

Tricia Molloy

Speech Topics

- ▮ Women in Business
- ▮ Personal Growth
- ▮ Peak Performance
- ▮ Motivation
- ▮ Life Balance
- ▮ Leadership



Testimonials

▮ "Inspire, connect and achieve. That was the objective of our Verizon Women's Empowerment Conference for about 75 high-potential women. We wanted to provide the clarity and confidence they needed to succeed as leaders within our dynamic organization. At her vision board workshop, Tricia Molloy created a fun, safe, relaxing environment for us to explore our challenges and aspirations. She showed us how to use the power of visualization and the other CRAVE steps to help us laser focus on what really matters. In addition to the personal insights that came from her program, our women bonded with each other and that will enhance our careers as we continue to work together and support each other." ▮

- VP of Business and Government Operations, Verizon Enterprise Solutions.

▮ "As a conference organizer and attendee, I know how common it is to return from an event, store away your materials and cards, and get back to business as usual. At the Network of Executive Women Leadership Summit last year, we concluded with the 'CRAVE Your Conference Goals!' action workshop and it made our event more meaningful and memorable. Attendees got so much out of it that we hired Tricia this year to repeat her program." ▮

- National Leadership Summit Designer Network of Executive Women .