

Building Trust & Strengthening Relationships

Trust Keynotes

All keynotes can be tailored to your ideal time allowance to a minimum of 20 minutes and a maximum of 90 minutes.

TRUST @Work

Guidance with TRUST for Teamwork, Gender Intelligence and Family Patterns that show up in the work place.

Individual Trust • Team Trust • Gender Intelligence • Family Patterns (For Facilitators)

TRUST With Yourself

Grow Self-TRUST, Intimacy & Spirituality.

Authentically Sexy • Tantra • The Dating Experience • Modern Spirituality

TRUST @Home

Helping create better relationships with those you love.

Couples Intimacy • Gender Roles • Tantra for Couples
Family Dynamics • Teen Transitions

Make sure to ask more about

Bosie **BITS**

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TRUST @Work Keynotes

Individual Trust

THE TRUST WITHIN

This keynote is all about having the courage to trust yourself in any workplace situation. You will learn how to create strategies for building TRUST at any level, and increase communication, confidence and listening skills. Begin to understand self-betrayals impact, and discover your own intuitive TRUST gauge. Connect to your unique foundation of TRUST!

This keynote is perfect for:

- Leadership teams hungry to improve conflict resolution.
- Organizations contemplating culture change.
- Businesses seeking greater employee engagement.
- Professionals seeking to develop better TRUST skills.

The audience will leave with:

- An understanding of where and how TRUST begins, develops and matures.
- How personal beliefs and patterns influence TRUST and the implications on a group environment.
- Steps and strategies which promote a healthy culture of TRUST in the workplace.

Team Trust

UNDERSTANDING TRUST DYNAMICS IN THE WORKPLACE

For organizations looking to improve team dynamics and group work. Learn how TRUST in action influences the success of employee experiences, improves client relations and impacts a company's bottom line. Explore how TRUST stimulates authentic communication at all levels for a more effective and successful organizational culture.

This keynote is perfect for:

- Leadership teams hungry to improve conflict resolution.
- Organizations contemplating culture change.
- Businesses seeking greater employee engagement.
- Professionals seeking to develop better TRUST skills.

The audience will leave with:

- An understanding of where TRUST begins, develops and matures.
- How personal beliefs and patterns influence TRUST and the implications on a group environment.
- Steps and strategies which promote a healthy culture of TRUST in the workplace.



TRUST @Work Keynotes

Gender Intelligence IOI

TRUST BETWEEN GENDERS IN THE WORKPLACE

Learn how TRUST in action influences the success of the employee experience, improves client relations and impacts a company's bottom line. An exploration how TRUST stimulates authentic communication at all levels for a more effective and successful organizational culture.

This keynote is perfect for...

- Organizations eager to improve the communication between the genders.
- Executives and Managers seeking organizational success through gender unity.
- Team leaders seeking to enhance work place dynamics.

The audience will leave with...

- Clear ideas and simple steps to enhance gender inclusion and collaboration.
- An awareness of men's and women's biological and neurological models of behaviour.
- Useful strategies and valuable insights for building trust, establishing balance, and improving communication between genders.

Family Patterns (For Facilitators)

NAVIGATING THE INNER FAMILY MAP

A talk about TRUST for facilitators and family groups. Learn how family roles, learned behaviour, relationship dynamics influence the everyday experience of individuals coming from dysfunction and addiction. Explore new strategies to shift unhealthy generational patterning and create positive outcomes with lasting change.

This keynote is perfect for:

- Organizations with a focus on assisting with intervention and transition.
- Not for profit agencies servicing teens through adults.
- Team leaders in the social services sector focusing on recovery.

The audience will leave with:

- A greater understanding of the family structure's impact on coping mechanisms with family dysfunction.
- An appreciation for the wounded child and "mind and body" connection.
- Practical and powerful communication strategies to improve all interpersonal relationships



TRUST With Yourself Keynotes

SIGNATURE SERIES

From Frigid and Fearful to Sexy and Sassy!

A TRUE STORY THAT INSPIRES PERSONAL TRANSFORMATION FOR ANYONE.

Discover how one woman's journey of living in pain, fear and control led her to choose a life of playfulness, passion and purpose.

In this keynote, learn how family dysfunction is disguised and how damaging it is to our lives. Gail's commitment to heal her own family life stemmed from her strong conviction that her daughters deserved a better mother, and a healthier future. Through the difficult transition of learning to love herself, set boundaries, and stand up for herself, Gail's talks include stories to inspire, and elevate your self-awareness. She teaches you the art of sensation from the Inside Out. You will learn what happens when we are more vulnerable and the rewards of transforming awkwardness to comfort. This is a talk to inspire any individual to live authentically.

This keynote is perfect for...

- Breaking out of your comfort zone and habitual complacency.
- Beginning to embrace healthier experiences of sensuality and sexuality.
- Women wanting to step out of old gender roles and into the Modern Feminine.
- Individuals who are currently unsatisfied within their romantic relationships or experiencing loneliness without one.

The audience will leave with...

- Techniques to build confidence for a more sensual and sexual experience with or without a partner.
- Humorous stories to lessen the stress of being a woman.
- Strategies to implement positive personal change.
- A new perspective on how to have a greater sense of life satisfaction.



Relationships With Yourself Topics

TANTRA IOI - CREATING CONNECTIONS IN A DISCONNECTED WORLD

This topic explores the ancient eastern philosophy of Tantra adapted by Gail for the modern Western lifestyle. Discover how to be more mindful and present. Learn how to use the 5 senses to increase self-awareness with body, mind and soul connections.

This keynote is perfect for:

- People seeking a deeper connection with one's self.
- Individuals eager to learn how to calm the hectic pace of life.
- Those in a daily stressed state, looking for simple and effective practices to shift unhealthy habits.

The audience will leave with:

- Specific tools to slow down and improve current life style routines.
- Practical techniques to reduce stress and enhance mindfulness.
- Improved focus and alignment between the head and heart.

DATING BY DESIGN

This topic explores common dating patterns, practices, and problems. Learn how to experience respectful, authentic and sincere dating. No more games, manipulation, or unrealistic expectations.

DEEP END DATING

Tailored specifically to single and/or the separated or divorced market. Learn how to navigate dating successfully, while maintaining your personal power.

DATING AFTER SEPARATION, DIVORCE AND DATING OVER 40

Learn how TRUST, personal values and commitment levels are different for the mature individual. Explore how boundaries, choices, and lifestyle can impact the success of any authentic relationship.

These keynotes are perfect for:

- Any individual seeking to better understand healthy dating experiences.
- Those who wish to recognize and shift destructive ways of relating.
- People engaged in growth and self-improvement.

The audience will leave with:

- Recognition of attitudes and behaviors for success in dating.
- How to avoid family dysfunction setting you up for failure.
- An understanding of boundary setting, commitment phobia, and communication strategies to create dating experiences that embrace fun, commitment and respect.



Relationships With Yourself Topics

MODERN SPIRITUALITY IN A CONFUSED WORLD

A mind-expanding keynote exploring spirituality, mental boundaries and the meaning of life. Includes out of the ordinary stories, humorous real-life experiences and how to make the unknown more comfortable.

This keynote is perfect for:

- Individuals open to learning about Universal laws.
- Anyone with a desire to tap into intuitive guidance.
- Those seeking a deeper mind/body/soul connection without any reference to a God.

The audience will leave with:

- New awareness of what and how the soul came to be and why it was created.
- Understanding of how to tap into a power greater than ourselves.
- Personal responsibility for life.

DEEP HEALING FOR THE SEXUAL SELF

Offers hope, strategies and action steps for the individual working with or healing from sexual trauma.

This keynote is perfect for:

- Individuals seeking a better relationship with themselves.
- Couples coping with sexual dysfunction.
- Professionals working with recovery victims.

The audience will leave with:

- A better understanding of the impact of sexual trauma and specifics steps for the process of healing.
- Healthy boundary setting, communication techniques, and practical coping mechanisms.



TRUST @Home Keynotes

COUPLES INTIMACY - RELATIONSHIP SUCCESS

This topic dives into relationship dynamics between couples.

This keynote is perfect for:

- Individuals or couples, in or looking to be in, a committed relationship.

The audience will leave with:

- An understanding of common reasons why intimate relationships succeeds and fail.
- How to spot the most common mistakes we all make.
- Strategies and techniques to get the love and respect you deserve.
- Fool proof ways to ignite any relationship no matter how long you've been together.
- An understanding of the difference between codependent, counter-dependent and interdependent relationships.

GENDER ROLES - UNDERSTANDING THE OPPOSITE SEX

This topic explores why men and woman struggle to understand, communicate and relate to each other in life and love.

FOR WOMEN...Adapted for a female audience **FOR MEN...**Adapted for a male audience

This keynote is perfect for:

- Any audience looking for better love relationships.
- Individuals struggling with relationship patterns and intimacy.
- Individuals looking to improve existing love relationships.

The audience will leave with:

- Learn the variances in brain, biology & social norms for effective gender communication
- Explore the difference between the masculine and feminine ways of being.
- How masculine and feminine energy works for you and any partner.
(whether you are male or female).



TRUST @Home Keynotes

NAVIGATING THE FAMILY MAP

A talk about family roles, communication styles and generational patterning. Explore proven strategies to shift unhealthy attitudes, behavior, and create positive outcomes with lasting change for all family members. Learn how the Family System, relationship dynamics, dysfunctional habits influence your life and those you love.

This keynote is perfect for:

- Parents and individuals looking for better family communication.
- Parents (and parent groups) looking for better relationships with their teenagers.
- Individuals wanting to avoid continuing family dysfunction and addiction.

The audience will leave with:

- A clear understanding of the family system, and their part.
- How to create a respectful and open communication style within the younger generation.
- Access to different family communication techniques to create a more open and honest dialogue for success between parents and children.

NAVIGATING THE TEENS & BEYOND - THE ALMOST ADULT

This topic focuses on the transition from teen girl to woman

Ideal for females aged between 14 to 24

This keynote is perfect for:

This keynote focuses on the transition from teen girl to young adult.

This topic is ideal for organizations focusing on the young adult female. For example: business programs, youth groups, family centers and schools.



Bosie BITS

TIPS, TOOLS & TECHNIQUES
For Keynotes, Workshops and/or Coaching Services

1. 12 ways to Ignite Passion, Romance & Love .A relationship fact sheet
2. 20 Ways to Building Trust Insights on how to TRUST fully
3. Affirmation Affirmations by topic
4. Stillness Prayer Poem Ideal for overwhelming thoughts
5. The Key to Being Authentically Sexy Tailored exercises
6. Manifestation Techniques Morning Ritual exercise
7. Eye Magic & Deep Connecting Eye Gazing exercise
8. Feminine Energy Presence Body Connection exercise
9. Future Reality Journal exercise
10. Mirror Exercise Body Awareness tool
11. Self neglect to Self care Questionnaire for increasing Self Love
12. Release old patterns Simple Release exercise
13. Starting Building Trust Everyday 25 To Do's that build TRUST
14. Tantra A Beginners Guide Tantra worksheet
15. Insights about TRUST Facts and concepts about TRUST
16. TOP 5 Values - Mini E-Book How to define personal values
17. Trust Meter Exercise Learn more about muscle testing

Created & Adapted by Gail Scott, inspired by many.

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