



Learning/Wellness Stage Topics

TOPICS & SELECTION PROCESS:

Topics for Learning Stage sessions have been identified based on specific feedback from our community. Topic selection is first-come, first-serve, and topics will not be repeated, so we encourage you to make your selection as soon as possible. Once we have confirmed your topic, the CFW team will work with you to tailor it to your goals as an organization and to your speaker's expertise.

Learning Stage (20 min)

- How to Jumpstart Your Career
- Make a Career Pivot At Any Stage
- Corporate Culture and Employee Engagement
- Workload Overload and Setting Boundaries
- Managing Challenging Employees/Difficult Personalities
- Leading Through Change
- Strategies to Effectively Lead Your Team
- Managing Multigenerational Workplace
- Navigating Ageism
- Succeeding Professionally When You Are in the Minority
- Business Acumen Skills (how to read a P&L, EBITDA, etc.)
- Financial Planning/Retirement
- Negotiation Hacks to Supercharge Your Career
- Navigating Teams in Remote & Hybrid Workplaces
- Start-Up Lift-Off: Developing a Business Plan, Finding Investors, Getting Your Company Off the Ground
- How to use your voice and be heard
- Navigating office politics
- Mentoring Up and Down
- AI: Practical Uses to Boost Productivity and Innovation Digital Detox & Mindful Tech Use *(if reframed from a learning angle)*
- Portfolio Careers / Side Hustle Management
- How to Get on a Board *(corporate or non-profit)*
- Personal Branding for Corporate Professionals
- Burnout Prevention for High Performers
- Navigating Feedback and Conflict with Empathy

Wellness Stage (20 min)

- Bringing Joy and Fun to the Workplace
- Managing Menopause Symptoms
- Caregiving and Balance
- The Importance of Self-Care
- Prioritizing Your Mental Health
- Neurodiversity in the Workplace
- Navigating Your Career Postpartum
- Finding Focus and Fighting Distraction in the Digital Age
- Intuitive Eating Practices
- Hack Your Health: The Underrated Importance of Sleep
- Neuroplasticity: Keeping Your Brain Young
- Integrative Health Practices (*e.g., red light therapy, biohacking, etc.*)
- Trauma-Informed Wellness
- Body Image & Confidence
- Creativity & Joy as a Wellness Practice
- Cycle Syncing or Metabolic Flexibility
- Micro-Habits and Habit Stacking for Wellness
- Using AI to Achieve Balance & Better Quality of Life