



# WORKING

# RUNDOWN

Lessons from a recovering TV news anchor to make you better at your job...  
and maybe your whole life!

## WHAT TO EXPECT:

Working with **burnout** or feelings of fatigue is all too common for many people. No one knows that better than someone who woke up for work at **1:57 a.m.** to go to work for almost two decades! But it doesn't have to be that way. You can feel better, do better, AND help others with **small changes** that lead to **big impact**.

In this high-energy, interactive, and **hilariously relatable** keynote, Page weaves in and out of personal anecdotes, practical advice, and juuust enough inside TV-land **scoop** to keep attendees learning, laughing, and (GASP!) enjoying a professional development topic that will have them **performing better** at work and living better lives!

## KEY TAKE-AWAYS

- Don't bury the **lead** (how and why to put your best stuff first)
- Always make **slot** (why timeliness matters... and how to make it happen)
- Use your **call letters** (creative ways to help people remember who you are and what you do... and how those join together for good)
- Be **camera-ready** (how not to get caught off-guard... and what to do if you are)
- **Circular story-telling** (finding similarities and making the most of differences for well-rounded teams and healthy workplace **culture**)
- Take **commercial breaks** (the importance of rest... and how to break up giant projects into manageable tasks)

# RAVING FANS!



Page is always a crowd fave.

## **MICHELLE SHOW**

### **Wells Fargo**

"Page's energy and delivery were just what our group needed! It was contagious. Everyone had a blast AND learned a ton."

## **CLAUDIA SMITH**

### **Paul Mitchell**

"Page brought the house down. She is both amazing for the audience and incredibly easy to work with!"

## **HALEY BOHON**

### **SkillPop**

"I can't say enough good things about Page. Her professionalism and charisma are off the charts. It takes enormous talent to have a group laughing, crying, nodding, and taking notes all within the same session, and Page makes it happen every time."

## **DANIELLE BISHOP**

### **The Beyond Collection**

"My cheeks hurt from laughing. My head hurts from thinking. Truly Page is the total package."