

GRETCHEN HYDO

INTERNATIONAL



“ My passion is engaging audiences while giving dynamic presentations that leave participants changed. ”



Considered by many to be one of Los Angeles' top coaches, Gretchen Hydo is a certified professional coach, keynote speaker, nationally syndicated advice columnist, and thought leader. Specializing in business, life, executive productivity, and relationship coaching, she helps people from all walks of life ready to make significant and substantial changes. Gretchen has spent the past ten years working, hands-on, with individual clients, name brands, and notable companies, providing entrepreneurial tools, public relations acumen, and real-world practical advice to produce unprecedented results. She has an extensive background in PR, marketing, and business strategy.

MEET GRETCHEN HYDO

SPEAKING TOPICS

1. Leading Like a Woman in a Man's World

The issue of gender equality and supporting women in the workplace is more important than ever before. Along with the subtle gender biases there are a few self-imposed barriers holding women back. This talk offers practical tips to create working environments that foster the innate gifts and abilities of both sexes, while debunking the myths about them.

2. Values: Your Unique Operating Principles

Our values are our personal set of operating life principles that hold keys to our happiness, satisfaction, and purpose. They influence our reactions, feelings, and behavior. Living in alignment with our core values help us feel energized, confident, and optimistic. During this talk, participants will learn how to determine their values to unlock their personal recipe for success.

3. Breaking Free from an Overcrowded Mind

Today more than ever, professionals suffer from an overcrowded mind and struggle to focus on the present. This impacts their ability to be productive, satisfied, and on point. This talk will help participants discover why their minds are overcrowded, while giving them tools to regain control so that they can be more efficient and present in the workplace and at home.

4. Using Your Authentic Voice: Practical Tips for Professional Communication

Developing your authentic voice is the key to professional communication. In this informative presentation attendees will learn what is keeping them from successful communication, tips they can immediately implement for effective communication, and new ideas to use in the workplace.

“Engaging, on point, dynamic, and inspiring. Gretchen is a top-notch speaker who leaves her audiences changed.”

-Kaela Prall-Moore

SPEAKING TOPICS - continued

5. The key to writing an effective pitch: How to answer the question, so what do you do?

Learning how to answer the question, "So, what do you do?" is a skill that goes beyond writing your elevator pitch. In this session participants will learn how to write an effective pitch that is conversational, engaging, and that includes the ask.

6. Shine Your Ugly

During this conversational and straightforward talk, we'll turn the concept of "ugly" on its head. By revealing the true power of vulnerability and authenticity, participants will learn how to shine their ugly and break free from the shame that is holding them back personally and professionally.

7. Creating the fresh look of confidence

Your inner appearance is a reflection of your mindset. If you constantly speak negatively to yourself, your mind will believe it, and your life will reflect it. Low self-confidence holds people back personally and professionally. Attendees will gain ready to use tools to build their confidence and create an individualized confidence checklist to boost self-esteem.

8. Creating your personal board of directors

Boards of Directors typically have general control of the direction, stability and viability for an organization. This talk takes this concept to a personal level and helps attendees identify key people to form their personal board of directors. Participants will not only walk out with their board in place but will also have action items to help them gain their next level of success.

AS SEEN IN:

Reader's
Digest

BUSINESS
INSIDER

HUFFPOST

Chicago Tribune

FAST COMPANY



SOCIAL MEDIA -

Twitter: <https://twitter.com/AnyLengthsCoach> (<http://bit.ly/2CpCeES>)

SpeakerHub: <https://speakerhub.com/speaker/gretchen-hydo> (<http://bit.ly/2EviVzX>)

LinkedIn: <https://www.linkedin.com/in/gretchenhydo/> (<http://bit.ly/2C2tHMd>)

Shine on Purpose: <https://www.facebook.com/groups/shineonpurpose/>
(<http://bit.ly/2vpjzco>)

“Working with Gretchen has been a true pleasure and benefit -- not only for myself but for the groups of women she has helped these last few months at my organization. Gretchen is a natural coach, speaker, presenter, and guide -- and her perspective is unparalleled. Great to have her as a partner!”

-Maribel H., Universal Music



“Gretchen was a powerful speaker that my students and colleagues won't soon forget!”

-Marcia Fulkerson, Oxnard College

OFFERINGS & FORMATS:

- 1-2 Hour Workshops (Series or Individual)
- Keynote Address
- Half Day Seminar
- Full Day Seminar
- Multi-Day Programming
- Corporate and Personal Retreats



“Gretchen has spoken to my alumni group 3 times, and we want her back! She is so engaging with the audience in her presentations. She presents original and well put together material. She is nimble enough to handle problems, sympathetic in her interactions, and thoughtful and insightful.”

Selwyn M., UCLA Anderson School of Management