

# **Presentation Titles**

**Cheewa James**

Cheewa, true to her Native American ancestry, is a superb storyteller. She is a born entertainer—humorous, completely at ease with her audience, and creating moving moments that carry messages audiences remember long after Cheewa is gone.

Cheewa's presentations show how wisdom from antiquity can guide contemporary lives and present lessons in self-growth. The journey through the American Indian Medicine Wheel brings words of wisdom — thoughts that impact lives. North, south, east, and west all carry messages on how human lives should be lived: how we can all grow to be more effective, powerful, ethical, and happy individuals.

A one-page handout of the Native American Medicine Wheel and what it means is given out to audience members.

## **“IF IT IS TO BE, IT BEGINS WITH ME”**

It is role modeling—the responsibility and initiative of individuals—that drives an organization. This keynote asks for a commitment to self-development. It provides routes to motivating oneself to both personal and life balance. Positive results come for those who take the initiative and action to make things happen, rather than wait for the crowd. Individuals are asked to find inner fortitude, meet the challenge, and then use that strength to empower others.

## **“CLIMB OFF DEAD HORSES: MASTERING CHANGE”**

If the horse you are riding drops dead, that's a good time to dismount. In a world filled with constant change, it is important to develop tools to combat stress, find ways toward good decision making, and develop a better management of self and relationships. Dealing with change in flexible, people-friendly ways is emphasized.

## **“LEAP TO LEADERSHIP: PRINCIPLES OF EAGLES”**

Leadership is a principle-guided, dynamic partnership between a leader and those who follow. Great leaders have a strong ethical base, emotional balance, a commitment to truth, a strong sense of the value of knowledge and research, and communicate so people really listen and understand.