

Elevate Support & Connected Mentorship

How to take support from **transactional** to **transformational** — and show up when it matters most.

What do people really need to hear (or to happen) when things are challenging or uncertain? How can we encourage growth and support change without compromising on connection and compassion?

In this empathy-centered keynote, Dr. Miriam reveals the **4 supporter archetypes** and shares how to **maximize support** and become a **connected mentor** by moving from reflexive to responsive. Learn to gauge the right kind of support, guidance, and feedback that is needed in any situation – and to deliver it more **effectively** and **impactfully**.

From leaders and managers, to mentors and peers, everyone has the opportunity to **better show up for and support others** — and contribute to a culture of reciprocated care, belonging, and shared growth. Harness the power of connection to **elevate collective well-being** and bring out the best in your community and the people who make it extraordinary.

AUDIENCE KEY TAKEAWAYS:

- Learn the **4 supporter archetypes** and discover your unique supporter strengths and slip-ups to better understand yourself—and the people around you
- Exchange **support, guidance, feedback,** and **mentorship** more thoughtfully, effectively, and impactfully
- Take initiative and learn how to **ask for support and guidance** when it is needed
- Appreciate the responsibility and opportunity we each have to **better care for each other** — so we have the courage and clarity to follow through.

THIS KEYNOTE IS PERFECT FOR:

- Leaders and managers who want to help **build agency** and **autonomy** in their teams
- Organizations and industries looking to **promote psychological safety, connection,** and **support,** during times of burnout, change, and uncertainty
- Companies, entrepreneurial organizations, and healthcare institutions, looking to **elevate mentorship, sponsorship,** and **peer support** initiatives
- People wanting to support their friends, family, colleagues, and community **more meaningfully**