

ALA CHAPTER PROGRAMS

POWERED BY ENERGY™

HOW LEGAL ADMINISTRATORS
CAN RECHARGE, RECONNECT
AND RE-IGNITE RESULTS

PRESENTED BY:

KRISTEN BROWN, CSP

HALL OF FAME SPEAKER | BESTSELLING AUTHOR
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PROGRAM OVERVIEW

Leadership in legal administration is rewarding, but also demanding. From navigating staff and attorney personalities to balancing team needs and endless to-dos, burnout is real. That's where *Powered By Energy*™ comes in...a high-impact, motivational experience designed to help ALA members recharge holistically and perform at their best in work and life.

Whether you're planning a monthly luncheon, chapter-wide workshop, or annual retreat (or we can customize the program for your firm), this session blends strategy, science, and real talk to deliver tools legal admins can use immediately to:

- Boost engagement, productivity, and personal fulfillment
- Better manage stress, time, and competing priorities
- Strengthen relationships with attorneys, staff, and clients
- Create a ripple effect of positivity and focus in the workplace

The 7 Energies At-A-Glance

Here is a high-level overview of the energies we unlock:

- **Vision:** Seeing and shaping the big picture.
- **Strategy:** Mapping focused, clear priorities and plans.
- **Communication:** Translating ideas into action with clarity.
- **Relationships:** Building trust and collaboration.
- **Confidence:** Empowering bold decisions and action.
- **Creativity:** Unlocking innovation and possibilities.
- **Motivation:** Fueling consistent, focused momentum.

FORMAT OPTIONS

Option 1: Luncheon/Monthly Program (60-90 minutes)

- A dynamic keynote-style session with fast-paced, actionable tools to instantly shift energy, mindset, and results.

Option 2: Half-Day Workshop (3 hours)

- Dive deeper into real-life workplace scenarios and walk away with personal energy plans, team tools, and practical frameworks. Includes free 7 Energies Assessment!

Option 3: Full-Day Retreat (6 hours)

- An immersive, transformational experience that includes everything above PLUS full individual and workplace energy mapping, stress busters, masterminding, and goal-setting.

ALA BONUSES

- **BONUS Board Facilitation Session:** Strategy session (onsite or virtual) to energize your board and align goals, volunteers, and programming for maximum engagement.
- **FREE Digital Copy of *Powered By Energy*™ Book:** You'll get an early version if booked before the official fall launch!
- **Stress Hacks eBook:** Instant-access guide with bite-sized, practical techniques to reduce burnout and overwhelm.
- **If Booked Within 2 Weeks: Free Team Energy Assessment** with full analysis and recommendations! (\$3000 value!)

ROI & SUCCESS METRICS

Organizations and law firms that invest in energy-centered leadership and team development report measurable gains in both individual and organization-wide performance.

After attending *Powered By Energy*[™], groups can experience:

- Time and task management (15–25% greater efficiency)
- Team communication and coordination (up to 30% more effectiveness)
- Conflict resolution and attorney/staff dynamics (20% fewer escalations)
- Stress reduction and well-being (significant drop in burnout risk)
- Confidence, leadership visibility, and self-advocacy in their role

Estimated ROI:

For every \$1 invested in energy-based professional development, organizations see an estimated \$4–\$10 return through saved time, reduced turnover, improved client service, and higher productivity.

**Estimates only. Specific ROI can be calculated based on your organization's demographics and dynamics.*



ABOUT KRISTEN BROWN

Hall of Fame Speaker | Strategic Energy Expert | Energetics Researcher

Kristen Brown is a Hall of Fame speaker and Certified Speaking Professional (CSP), two of the highest distinctions in the speaking industry earned by fewer than 500 speakers worldwide. She is known for delivering high-impact keynotes, trainings, and organizational advisory that help executives, boards, membership groups, and teams activate energy as a performance tool.

With nearly 20 years of corporate leadership experience, Kristen led multimillion-dollar research portfolios, cross-functional global teams, and growth strategies for some of the world's top brands. She holds a Master's in Integral Theory focused on multiple perspectives, leadership, and human behavior. She is also certified in multiple wellness, communication, and energy modalities, giving her a unique ability to drive both measurable results and meaningful human change.

Her proprietary 7 Energies framework has been implemented by organizations across industries to increase engagement, drive results, boost morale, and align teams with real business outcomes. Kristen has been featured in major media outlets including CNN, Forbes, Psychology Today, NBC, and ABC.

She blends deep business acumen with powerful stage presence and humor, making her a go-to expert when groups want smart content with lasting energy. Whether she's onstage, on-air, or in the boardroom, Kristen brings a research-backed approach with tools you can use right away.

When she's not speaking or consulting, Kristen can be found boating, sipping wine, reading obsessively, traveling, seeing live music, or hanging with her daughter, Brooke, and their wildly lovable dog, Boone.



KRISTEN BROWN

NEXT STEPS

Your organization's future momentum depends on the energy you activate today. *Powered By Energy™* is a catalyst for real change personally and professionally. Book a call with Kristen to create your customized session.

GET IN TOUCH



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**BOOK A CALL
INSTANTLY:**



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