

FREQUENTLY ASKED QUESTIONS

SPEAKING & WORKSHOPS

What kinds of groups do you speak to?

I offer talks and interactive workshops for lifelong learning programs, libraries, community organizations, service groups, churches, and other groups interested in identity, habits, and the surprisingly large gap between knowing what to do and actually doing it.

What topics do you offer?

Topics can include identity and habit change, procrastination and follow-through, movement and strength habits, alcohol and evening routines, and other areas where people often know what they want to change but keep getting pulled back into an old pattern.

Are your sessions lectures or workshops?

They can be either, but I prefer conversation. Even in a more traditional talk, I like to include questions, reflection, examples, and opportunities for people to apply the ideas to their own lives. Workshops are more interactive and can go deeper.

How long are your programs?

A typical workshop is about 90 minutes, but sessions can be adapted for different groups and schedules. I can also develop a multi-session series when a topic would benefit from more time.

Do you charge a speaking fee?

For local libraries and community organizations, I currently do not require a fee. If your organization has funds available for an honorarium, I'm happy to accept one. For other organizations or more customized programs, we can talk about what makes sense.