



# Vikki Carrel & Company

*We empower people*

- Author
- National Speaker
- Empowerment Expert
- Productivity Builder

Vikki empowers people! She is a highly sought after author and national speaker. Vikki conducts seminars accross the country in both the private and public sectors, and is a frequent contributor on regional and national television. Vikki has owned companies throughout the United States and is currently the president of Vikki Carrel and Company. She is the author of *Switching Lanes*, co-author of *Chloe's Closet*, and has recently written *Puzzle Pieces*. While living back East, she co-founded Two Balance, Inc. and Mother Daughter America – a national movement to re-connect mothers and daughters.

Prior to the development of Two Balance, Inc. Vikki was the co-owner of a Texas-based fashion production company. She worked in the fashion industry for fifteen years producing events for the likes of Olivia Newton John, GQ Magazine, and designers Steve Fabrikant, Mary McFadden, and Ralph Lauren.

Vikki holds a degree in business administration/marketing. She and her husband have two grown sons, and they live in heart of the Utah Rocky Mountains.



As a leader in the industry we focus on people, behavior and leadership. Our programs deliver effective, strategy-driven seminars that teach fundamental skills to:

- |  |                                      |
|--|--------------------------------------|
| Elevate self-perception                          | Increase emotional intelligence      |
| Identify thinking and conflict styles            | Implement solutions to manage stress |
| Recognize productivity barriers                  | Promote self-guided change           |
| Foster effective communication and collaboration | Enhance executive functioning skills |

## Corporate Empowerment

**Achieve corporate success by maximizing employee productivity, increasing focus and vision, and developing stronger success strategies**

- **Strategic alignment** within an organization/team is essential to sustaining high business performance and occurs when people in the organization are collaborating, communicating, and moving in the same direction. Ineffective communication, distractions, conflict, a lack of accountability, and low morale create corporate dysfunction. **Corporate alignment is essential**

Book: *Puzzle Pieces* by: Vikki Carrel

## Community and Collegiate Empowerment

**Feel capable by increasing confidence, competency, and personal productivity**

- Master empowerment and position yourself for success by altering ambiguous perceptions and identifying your resistance to change.
- Increase confidence and clarity by eliminating self-induced limitations through relabeling.
- Maximize optimal performance by converting fear to freedom, decreasing stressors, and identifying barriers that prevent momentum.

Book: *Switching Lanes* by: Vikki Carrel

## Teen Empowerment

**Build confidence and self-esteem in teens**

- This forum teaches teens to feel empowered, confident and capable. Teens will discover skills to build a life of stability, manage social media, control emotional triggers and bullying, promote self- advocacy, and gain self-esteem and a healthy body image.

Balanced choices = Positive self-belief

## Mother Daughter Empowerment

**Build successful mother daughter relationships**

CONNECT \* EMPOWER \* BELIEVE

Book: *Chloe's Closet* by: Vikki Carrel and Shelley Ashby

**Build Confidence. Feel Capable. Achieve Success.**