



DELIBERATELY CREATE THE PERSONAL & PROFESSIONAL LIFE YOU DESIRE.



CARMEN PAYNE
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DESCRIBED AS
A DYNAMIC,
INSPIRATIONAL AND
ENGAGING SPEAKER,
CARMEN PAYNE IS
AN EMPOWERING
PERSONAL AND
PROFESSIONAL
DEVELOPMENT
COACH.

HER ENTHUSIASM,
ENCOURAGEMENT,
STRAIGHT TALK
AND PASSION
DRIVE HOME
HER IMPACTFUL
MESSAGES.

"I really enjoyed
Carmen's speech,
the content was
very impactful.
It is a real
game changer."

Sherril W.

ServiceMaster Restoration
by Desert Dry

ARE YOU READY TO SOAR?

Pick from one of Carmen's notable talks, or work with her to create a tailored keynote for your audience.

LEADING WITH YOUR HEART

We all lead, regardless of the many roles we play in our lives. Each day, we should ask ourselves: where are we leading from?

In this talk, Carmen focuses on how to lead with your heart. She reveals:

- How to move toward heart-first leadership
- The 5 fundamentals of leading with your heart
- How to use your heartspace to influence positivity and grace in others

GET CLEAR ON WHAT YOU WANT

Contrast naturally appears in our lives, pulling us in the opposite direction of where we thought we were headed. It acts as a moment to clarify our needs and desires, and to prioritize what's important to us. When contrast appears, we can get stuck in what we don't want or we can take action and make our aspirations into reality.

In this motivational talk, Carmen teaches how to:

- Identify your contrast
- Find a path through contrast
- Clarify your vision
- Define your next steps forward

BONDAGE VS. FREEDOM — YOU ALWAYS HAVE A CHOICE

We all have a choice every day: do we take a backseat to our own lives, or do we slide into the driver's seat and take charge? Ending up somewhere by default doesn't have to be the only option.

In this talk, Carmen advises on:

- Stepping away from the past and moving forward
- Shifting your perspective
- Taking hold of your own life

“Her message was clear:
you are in charge of your life,
no matter what has happened
in your past.”

William S.

Instructor, CAVIT



ABOUT CARMEN

Carmen Payne is a personal and professional development coach. Through her company, **SOAR! Transformational Life Coaching**, she works with corporate professionals to develop or increase their self-awareness and create an improved version of themselves. Carmen’s services include personalized coaching, workshops, consulting and speaking.

During her corporate career, both in the UK and US, Carmen traveled the world leading international IT projects. This included developing, testing, training, and deploying global solutions with large, international teams.

Carmen hails from the beautiful island of Malta. She grew up in the UK before moving to the USA more than a decade ago. Carmen currently lives in Phoenix, Arizona with her partner, Joshua, her step daughter, Olivia, and their two very fluffy cats, Tiffany and Stephanie.



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Contact Carmen today.

S O A R !
TRANSFORMATIONAL LIFE COACHING

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