

Dr. Kalpana Sundar

DrKalpanaSundar@gmail.com /904.540.3441/ www.DrKalpanaSundar.com



Opening Keynote Proposal

Using Expectations to Empower You

Abstract

Expectations are unavoidable and influence our behavior in a positive or negative way. Learn some of the common expectations that are placed upon us and how to use them to gain insight into our own authentic needs and desires.

“Dr. Sundar’s discussion left the room inspired and equipped with tools that will help them create the version of their best life.” Natasha Peters, National Sales Director at Portrait Health.

Learning Objectives

1. Recognize expectations placed on us and how they influence our behavior
2. Understand where expectations arise
3. Learn four ways to use expectations to empower you

References

Natasha Peters, National Sales Director at Portrait Health, 973.934.5671,
natasha@portraitspa.com

Emmalyn Green, Secondary Program Manager of Junior Achievement of the Palm Beaches and Treasure Coast, 561.932.8403, EGreen@JuniorAchievement.com