



## PRESENTATION PACKET

You want a meaningful presentation — one that's tailored to your audience and creates a memorable experience. Regan brings energy, enthusiasm, and a genuine passion for your people, your purpose, and your event's theme. She shows up prepared, professional, and fully invested in making your program shine.

Event planners love working with Regan because she is easy to work with, collaborative, and brings a creative spark that helps her specialize each presentation for your unique goals.

Regan has 3 goals for every presentation: educate, engage, and provoke thought. It's not just about inspiration — it's about action, insight, and lasting momentum. With hundreds of events behind her, she knows how to roll with the room, connect with your audience, and leave them feeling better than she found them.

Regan wants to make sure everyone gets great value out of her presentation.

Please look at Regan's keynote topics then talk to her about how she can tailor the experience to your needs and audience.

## **Keynotes:**

### **Empower: Elevate Your Leadership**

You can create your own reality for happiness and health in life and in work. Leadership starts with you. I believe we all have the ability to increase our health and happiness. When we inspire others to do the same, we create a powerful, positive loop. By strengthening our own power, we bring our best selves to others. This strengthens teams. And this cycle has to start somewhere, it starts with you. Studies show the best way to start is to lead by example.

We all go through challenges. I talk about the strength of the human spirit, and how kindness, grace, and generosity of others can truly impact a life. My journey battling a life-threatening illness revealed simple truths that can bring out the best leaders possible within us. It starts with you – empower your life.

#### **KEY TAKEAWAYS:**

Great leaders know that leadership starts from within. Master your energy before you lead others, because clarity and resilience fuel every decision you make. By adopting simple, effective habits, you can prevent burnout before it starts and show up as your best self for your team. Create a leadership vision anchored in self-awareness, and communicate with purpose to build trust and deepen engagement. Tap into what matters most—both for you and your people—to ignite meaningful conversations and empower teams to thrive. When you lead with energy, clarity, and intention, you don't just manage—you inspire.

# Empower: Increase Your Energy

**Empowerment is easy—and easy is effective.** The little things make the biggest difference, and repeatability leads to success. In this deeply personal and practical keynote, I share strategies for reclaiming your vitality—even in high-pressure environments—because your energy, not your time, is your most valuable resource. You'll discover why prioritizing your energy is an opportunity, not a burden, and how simple, science-based habits can create powerful ripple effects across your life and organization.

Through real-life examples, I'll show how easy lifestyle changes can translate into big results—helping you manage and increase your energy, foster healthy relationships, and prioritize self-care. We'll explore how self-awareness and self-management aren't just personal benefits—they build resilience and fuel a healthy work culture. A culture of resilience starts with individuals who lead the way. Managing ourselves is the toughest—but most rewarding—job we can do for sustainable success.

This presentation can be delivered as **a keynote or an interactive workshop.**

## KEY TAKEAWAYS:

Energy is your greatest asset—protect it like any valuable resource. You'll gain practical tools you can start using immediately to reclaim control of your well-being, boost your vitality, and shift from survival mode to opportunity mode for lasting success. Discover how small, intentional changes can have a big impact on your performance, relationships, and happiness. Learn easy ways to integrate self-care, foster stronger connections, and sustain resilience in both life and work.

# Empower: Strengthen Your Team

High-performing teams don't happen by accident—they're built with intention. Drawing on my experiences competing at the national level in curling alongside my husband Todd, as well as leading two organizations from the ground up, I'll share the secrets to creating team trust, defining clear roles, and building a culture that thrives under pressure. Whether you're in the boardroom, the lab, or on the ice, the lessons are the same: the best teammates are those who know themselves and are committed to learning how to listen closely and respond to what others need.

We all need awesome teammates, but the best way to become one is to first be a great teammate to yourself—to understand your own strengths, communicate clearly, and resolve to be extraordinary. When we invest in and truly understand our teammates, we unlock deeper trust and collaboration that turns big goals into shared victories.

## KEY TAKEAWAYS:

Trust is the foundation of every high-performing team. Learn how to define roles clearly to inspire confidence and ownership, and build a culture that drives collaboration and peak performance. Your audience will discover how improving effort, etiquette, and kindness can boost the work environment, how giving effort encourages effort in return, and how sharing openly fosters communication and a desire to stay engaged. Ultimately, you'll learn how to align goals, values, and actions so your team can win—together.

# Customization

Regan is a dynamic speaker with a unique blend of expertise as an engineer and patent agent, accomplished curler, and successful entrepreneur. She has also worked extensively with women's groups and speaks from her powerful personal journey as a patient. This diverse background allows her to craft each keynote to resonate deeply with any audience—whether it's professionals, athletes, advocates, or patients.

At the heart of every presentation is one universal truth: **we are all connected by shared challenges and the resilience to overcome them.**

Regan's keynotes are fully customizable and can be tailored to inspire **any group.**

For these roles which Regan has professionally embodied, she can easily customize talks:

# EMPOWER: Elevate Your Leadership - For Specific Groups

## Empower: Elevate Your Leadership – For Engineers

You can create your own reality for success, health, and fulfillment—both in life and at work. Leadership begins with you. The strongest leaders don't just manage projects—they master themselves first. I believe every one of us has the ability to elevate our performance, increase our well-being, and inspire those around us. When we lead by example, we create a powerful ripple effect: strong individuals build strong teams, and strong teams build remarkable results. This cycle starts with you. Studies show the most impactful leaders are those who model the behaviors they want to see—especially in high-pressure, technical environments.

We all face challenges—tight deadlines, complex systems, and the constant demand for innovation. My own journey battling a life-threatening illness taught me simple truths that can bring out the best in any leader: resilience, clarity, and the power of human connection. Leadership isn't just about authority—it's about energy, vision, and empowering others to succeed. It starts with you.

### KEY TAKEAWAYS FOR ENGINEERS:

- **Master Your Energy Before You Lead Others** – Clarity and resilience fuel great decisions in high-stakes environments.
- **Prevent Burnout Before It Starts** – Use simple, sustainable habits to stay sharp during intense project cycles.
- **Lead with Purpose and Presence** – Strengthen your leadership presence through structured, clear communication that inspires confidence.
- **Build a Leadership Blueprint** – Balance technical innovation with collaboration, and create a vision anchored in self-awareness and trust.
- **Speak Up and Step Forward** – Take ownership, lead projects, and ignite meaningful conversations that empower your team to thrive.

When you lead with energy, clarity, and intention, you don't just manage—you inspire innovation.

# Empower: Elevate Your Leadership – For Lawyers

You can create your own reality for success, well-being, and fulfillment—both in life and in law. True leadership starts with you. The most effective attorneys and legal leaders know that managing others begins with managing yourself. I believe every lawyer has the ability to enhance productivity, protect mental health, and inspire confidence in clients and colleagues. When you lead by example—prioritizing clarity, discipline, and energy—you create a ripple effect that strengthens teams and drives results.

The legal profession is demanding: high stakes, long hours, constant deadlines. Add remote work and client pressures, and it's easy to feel stretched thin. My personal journey battling a life-threatening illness revealed truths that every lawyer can apply: self-management isn't a luxury, it's essential. By mastering your own energy, cutting down on distractions, and focusing on what matters most, you can protect your health, serve your clients better, and increase profitability—without sacrificing your life outside of work. It starts with you.

## KEY TAKEAWAYS FOR LAWYERS:

- **Lead Your Legal Team by Prioritizing Yourself** – Mental clarity and energy are your greatest assets.
- **Master Self-Management** – Gain control over your focus and performance, in court or at home.
- **Build Resilience for the Long Game** – Maintain peak focus during complex, drawn-out case cycles.
- **Cut Down on Non-Billable Hours** – Use intentional habits and streamlined systems to minimize wasted time and maximize profitability.
- **Communicate with Precision and Confidence** – Inspire trust with clients and strengthen team alignment.
- **Define a Leadership Style That Blends Authority with Empathy** – Create better outcomes by leading with both strength and understanding.
- **Empower Your Remote Practice** – Optimize work-from-home strategies for efficiency and balance.
- **Prevent Burnout Before It Starts** – Build sustainable routines to protect mental health in a high-pressure, client-driven environment.

When you lead with clarity, purpose, and resilience, you don't just manage your workload—you redefine what thriving in law looks like.

# Empower: Elevate Your Leadership – For Medical Professionals

From a patient's point of view: **PLEASE be a leader!** In healthcare, leadership isn't optional—it's a lifeline. Patients, families, and entire teams rely on you to bring clarity, calm, and confidence, even in the most challenging moments. But true leadership starts with you. The strongest medical leaders aren't just clinically skilled—they're self-aware, resilient, and intentional. When you prioritize your own energy and mental clarity, you create a ripple effect that improves team dynamics, reduces burnout, and ultimately saves lives.

The medical field is demanding: long shifts, life-and-death decisions, emotionally charged environments. My journey battling a life-threatening illness gave me a unique perspective on what patients really need from their caregivers—and what caregivers need from themselves to lead effectively. It's not about doing more; it's about leading with purpose, empathy, and strength. It starts with you.

## KEY TAKEAWAYS FOR MEDICAL PROFESSIONALS:

- **Lead Healthcare Teams with Clarity and Empathy** – Start by managing your own energy and mindset.
- **Build Resilience** – Stay grounded and effective in emotionally intense environments.
- **Communicate Effectively** – Reduce burnout and increase cohesion across your team.
- **Reconnect with Your “Why”** – Remember the deeper purpose behind your leadership in healthcare.
- **Prevent Compassion Fatigue** – Adopt simple, practical habits that sustain both passion and performance.
- **Model the Behavior You Want to See** – Inspire excellence through example, not just instruction.

When you lead with resilience and empathy, you do more than manage care—you transform lives.

# Empower: Elevate Your Leadership – For Women’s Groups

Many of us are self-starters. We’ve built careers, businesses, and lives through hard work and determination—but leadership is more than checking boxes or chasing titles. It’s about creating a life that feels authentic, sustainable, and powerful on your own terms. True leadership starts within. When we master our own energy and confidence, we show up fully for ourselves and for others. That’s when we create impact—not just in the workplace, but in every area of our lives.

As women, we often navigate unique challenges—balancing career and personal responsibilities, breaking barriers in male-dominated spaces, and facing burnout along the way. I’ve learned through my own journey that leadership is not about doing it all—it’s about leading with intention, clarity, and purpose. When we take care of ourselves first, we build the foundation to lift others up. It starts with you.

## KEY TAKEAWAYS FOR WOMEN’S GROUPS:

- **Redefine Leadership on Your Own Terms** – Start with your energy, confidence, and authentic voice.
- **Prevent Burnout While Chasing Goals** – Balance career success and personal well-being with practical strategies.
- **Communicate Powerfully in Male-Dominated Spaces** – Command respect without losing your authenticity.
- **Build a Leadership Vision That Aligns with Your Life** – Lead in a way that reflects your values, not just external expectations.
- **Empower Others by Empowering Yourself First** – Create a ripple effect that strengthens teams and communities.

When you lead with confidence and authenticity, you don’t just succeed—you change the game.

# Empower: Increase Your Energy – For Engineers

**Empowerment is easy—and easy is effective.** In engineering, precision matters—and the same applies to your energy. From high-pressure deadlines to physically demanding work like crawling on roofs analyzing or bidding HVAC systems, your energy—not your time—is your most valuable resource. In this practical and engaging keynote, I share strategies for reclaiming your vitality and optimizing performance, even when the work is intense and unpredictable. You'll discover why managing your energy is not just about avoiding burnout—it's about improving focus, safety, and innovation.

Through real-life examples, I'll show how small, repeatable habits create massive impact. You'll learn how to engineer efficiency into your day—boosting mental performance, reducing fatigue, and strengthening resilience. This isn't about adding more to your plate; it's about designing your energy systems as intentionally as your technical projects. When you prioritize self-management, you improve your work, your team, and your life.

This presentation can be delivered as **a keynote or an interactive workshop.**

## **KEY TAKEAWAYS FOR ENGINEERS:**

Energy is your greatest asset—protect it like any critical system. Your brain is your most important tool, and safeguarding its performance begins with how you manage your energy. Learn practical strategies you can use immediately to prevent burnout, boost mental clarity, and improve your well-being without sacrificing results. Discover how to engineer small, efficient habits for maximum energy return, shift from reactive problem-solving to proactive energy management, and maintain sharp focus even during physically demanding tasks. These techniques help you optimize mental performance, strengthen team collaboration, and thrive under pressure.

# Empower: Increase Your Energy – For Lawyers

**Empowerment is easy—and easy is effective.** In law, mental clarity is everything. You have to have stamina when writing those applications—and focus when managing demanding cases. Your energy—not your time—is your most valuable resource. In this practical and engaging keynote, I share strategies for reclaiming vitality, maintaining sharp focus, and sustaining peak performance in a profession where precision and endurance matter most. This is not about doing more—it's about working smarter by managing the fuel that drives your success.

Through real-life examples and science-based insights, you'll discover why energy management is your competitive advantage and how small, repeatable habits can deliver powerful results. Learn practical ways to reduce stress, improve resilience, and reclaim your well-being—all without sacrificing billable hours or client outcomes. When you prioritize self-management, you become the lawyer clients trust and teams want to follow.

This presentation can be delivered as **a keynote or an interactive workshop.**

## **KEY TAKEAWAYS FOR LAWYERS:**

Your ability to think clearly is your competitive edge—protect it like a trade secret. You'll learn practical, energy-boosting habits that fit even the busiest legal schedule and discover how to transform stress into strategic focus for greater client success. We'll cover how small, intentional changes can lead to big improvements in stamina, focus, and overall well-being—without compromising professional excellence. Walk away with tools you can use immediately to reclaim balance, reduce burnout risk, and sustain the energy required to thrive in law.

# Empower: Increase Your Energy – For Medical Professionals

**Empowerment is easy—and easy is effective.** In healthcare, energy isn't a luxury—it's a lifeline. As a patient, PLEASE have your energy! Take care of yourself! When you're exhausted, every decision feels heavier—and patient care can suffer. Your energy—not your time—is your most valuable resource. In this deeply practical and personal keynote, I share strategies for restoring vitality, reducing stress, and staying grounded in emotionally intense environments.

Through real-life examples, I'll show how small, science-based habits can transform the way you feel and function—helping you shift from surviving to thriving, even on the longest shifts. These strategies are not about adding more to your plate; they're about making your day easier, more efficient, and more sustainable. When you take care of yourself, you lead by example—and elevate the quality of care for everyone around you.

This presentation can be delivered as **a keynote or an interactive workshop.**

## **KEY TAKEAWAYS FOR MEDICAL PROFESSIONALS:**

Your well-being directly impacts patient care—so prioritize it without guilt. Learn small, practical steps to restore your energy between shifts and shift from feeling drained to feeling empowered throughout your workday. You'll gain tools to reduce stress, prevent burnout, and strengthen your resilience without sacrificing patient outcomes. Most importantly, discover how to lead by example—showing your team that self-care is essential, not optional.

# Empower: Increase Your Energy – For Women’s Groups

**Empowerment is easy—and easy is effective.** In every area of life and leadership, **it takes energy to make energy**—and mastering this cycle is a game-changer. Many women juggle demanding careers, personal goals, and often the expectations of others, all while trying to lead with authenticity and strength. This keynote shares practical, science-backed strategies to help you reclaim your vitality and build sustainable energy habits that fit your busy life.

Through inspiring stories and real-life examples, you’ll learn how simple, repeatable changes can transform your focus, resilience, and impact—both professionally and personally. When you prioritize your energy and self-care, you not only elevate yourself but empower those around you. Leadership begins with you.

This presentation can be delivered as **a keynote or an interactive workshop.**

## **KEY TAKEAWAYS FOR WOMEN’S GROUPS:**

Stop seeing self-care as selfish—see it as strategy. You’ll learn simple, doable habits to boost your energy even with a full schedule and discover how to turn challenges into growth opportunities by owning your resilience. By taking care of yourself first, you empower those around you and build a foundation for authentic, lasting leadership.

# Empower: Strengthen Your Team – For Engineers

So important: teamwork makes the dream work. Whether you're a project manager coordinating complex builds, a journeyman following the lead on pipe, tin, or electrical, or handling safety and dispatching, strong teams are the backbone of every successful engineering project. Trust—both within your team and with clients—is essential to smooth operations and delivering quality work. How your team works together, communicates, and supports one another can make or break tight schedules and high-stakes projects.

Drawing on my experience working as an engineer for a construction company, competing at the national level in curling and leading organizations, I share how intentional teamwork, clear roles, and mutual accountability build resilient teams that thrive even under pressure. These lessons translate directly into engineering environments where collaboration across functions, safety, and trust are non-negotiable.

## **KEY TAKEAWAYS FOR ENGINEERS:**

Foster trust and accountability within cross-functional engineering teams to create a strong foundation. Break down silos by applying practical steps that promote a collaborative, high-performing culture. Build resilience into your team to manage and thrive under tight deadlines. Use design thinking principles to understand and optimize team dynamics, driving peak performance and innovation.

# Empower: Strengthen Your Team – For Lawyers

Teamwork in law is more than cooperation—it's the key to excellence. As a patent agent, I was part of a wonderful team with a paralegal and a trademark specialist, and I've experienced firsthand the special relationship between an inventor and the person writing the claims. These collaborations showed me that the strongest legal outcomes happen when every team member understands their role, trusts one another, and communicates clearly. High-performing legal teams don't happen by accident—they're built with intention.

Drawing on my experience writing and prosecuting patent applications, and competing at the national level in curling, I'll share actionable strategies for building trust, structuring roles, and creating a culture that thrives even under the pressure of deadlines, complex cases, and client expectations. Whether you lead a large firm, manage associates, or work closely with support staff, these principles apply and deliver results.

## **KEY TAKEAWAYS FOR LAWYERS:**

Create trust and alignment across associates, paralegals, and support staff to streamline collaboration. Learn how to structure team roles to minimize errors and maximize productivity while reducing stress. Build a culture where respect and communication thrive—even during high-pressure cases—and apply lessons from elite sports teams to inspire peak performance in your legal practice.

# **Empower: Strengthen Your Team – For Medical Professionals**

From a patient's point of view, please foster a solid team! I'll never forget when someone took the time to explain what a "hospitalist" was—it reminded me how crucial communication and trust are, not just for patients, but within care teams themselves. Healthcare is high stakes and high pressure, and every decision impacts lives. That's why strong, intentional teamwork matters more than ever.

Drawing on lessons from elite-level sports and my own journey as a patient, I'll share practical strategies for building trust, creating clear systems, and fostering a culture where collaboration thrives under stress. Whether you're in the ER, on the floor, or leading a medical practice, these principles ensure teams perform at their best while maintaining compassion and care.

## **KEY TAKEAWAYS FOR MEDICAL PROFESSIONALS:**

Build a team culture that balances high performance with compassion, ensuring quality care without sacrificing humanity. Foster trust and reduce miscommunication in fast-paced environments where every second counts. Create systems that help teams support each other under pressure and draw inspiration from elite sports teams to build resilience in healthcare settings.

# Empower: Strengthen Your Team – For Women’s Groups

I have lived this experience. **You gotta trust your colleagues.** Whether in leadership, entrepreneurship, or navigating male-dominated industries, strong teams are built on trust, inclusion, and shared goals. When women support women—collaborating instead of competing—we create environments where everyone can thrive. High-performing teams don’t happen by accident; they’re built with intention, empathy, and a commitment to lifting each other up.

Drawing on my journey leading organizations and competing at the national level in curling, I’ll share actionable strategies for building trust, breaking down barriers, and creating team cultures where women’s voices are amplified and respected. When we lead with authenticity and resilience, we not only strengthen our teams—we redefine what success looks like.

## **KEY TAKEAWAYS FOR WOMEN’S GROUPS:**

Build supportive, inclusive environments that amplify women’s voices and encourage collaboration over competition. Learn how to inspire teams by modeling balance and resilience, and discover how to create a culture that thrives on shared success and mutual respect. These strategies help women leaders strengthen their influence and empower their teams to achieve more—together.

Regan will be happy to make your event a success. Please reach out with any questions you may have; Regan would be happy to discuss your event with you as long as you would like before deciding to move ahead.

Start your experience with Regan today!



**For booking information please contact Regan:**

[Regan@ReganBirr.com](mailto:Regan@ReganBirr.com) • 720-470-8049 • [www.reganbirr.com](http://www.reganbirr.com)