

## Sample Speaking Topics for Christine B.L. Adams, M.D.

### **RAISING CHILDREN**

- Discover how you can make sure your children become well-balanced adults
- Do you worry divorce will hurt your children? It may not be so.
- Why are your children are so different from one another?
- Why arguing in front of your children may benefit them

### **PERSONAL RELATIONSHIPS**

- Discover why your relationships feel out of control
- Experiencing anxiety or depression? It may be your relationships are the problem.
- Why you choose the same challenging relationships over and over
- Why your spouse changed after you got married
- Why you are attracted to and marry people who “complete you” rather than work with you

### **WORKPLACE RELATIONSHIPS**

- How understanding relationships improves communication on the job
- How better communication increases productivity and makes you happy to go to work
- Discover ways to spot what co-workers personalities are like
- How some personalities work well together and others sabotage working relationships