

AIMINGHIGH

with *Sylvia High*





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SYLVIA HIGH

Impact Speaker, Author and
Master Coach

With more than 28 years of success delivering content and context to help businesses and individuals thrive in any competitive environment, Sylvia has an outstanding reputation for inspiring and coaching audiences to develop the mind set required to get them from where they are in their careers, finances and relationships to where they want to be.

“We are always just one conversation from transformation.” - Sylvia High



Sylvia High, Founder/CEO of Aiming High Inc., is an Author, Master Coach, and Training and Development Strategist with nearly 30 years of success, delivering content and context to help businesses and individuals thrive in any competitive environment.

Sylvia is the author of "The Little Book of Big Questions," which uses pointed questions to guide the reader toward self-

introspection, self-discovery and outstanding achievement across all areas of life, including business and education.

With extensive experience in diversity training, Sylvia has led corporate and transformational workshops and seminars from coast to coast and in Hong Kong, delivering her signature training series, The Basic Workshop and The Game Changer Basic Workshop, several times a year in San Francisco, Los Angeles, New York City and Atlanta.

As the principal curriculum specialist for Aiming High, Inc. and many of its clients, Sylvia offers training solutions that support participants in identifying their hidden beliefs that either impede or accelerate achievement.



Widely known as an "Impact Speaker," Sylvia has served as a preferred panelist on Oprah's Live the Life You Want tour and at Bishop TD Jakes' MegaFest. She was lauded as a presenter at BET Networks' Leading Women

Defined Conference, Dream Project Symposium, Dr. Lucille Farrell Scott's Power of Now Conference, and Comcast's Coaches Camp and Cisco's Be

Fearless - Women of Impact Conference.

Sylvia has an outstanding reputation for inspiring and coaching audiences to develop the mind set required to get them from where they are in their careers, finances and relationships to where they want to be, and she is the architect and curator of the one-of-a-kind annual I AM WOMAN Conference as well as a new eLearning series scheduled to launch in 2019. Sylvia's expertise lies in empowering people to think differently; to see beyond the obvious and; to move boldly and confidently toward their intended results. Sylvia, who holds degrees in communication, makes her home in the San Francisco



SYLVIA'S IMPACT TOPICS

Inventing an Extraordinary Future.

Even the most prolific high achiever must retrain her/his mind to accomplish what has hasn't been accomplished yet. It is akin to updating the operating system on a computer. Yes, the current version works; but is it optimized for maximum speed and efficiency when interfacing with the newest applications?

Inventing an Extraordinary Future enables participants to "download" the mindset that will get them from where they are to their extraordinary next level. It is a highly interactive primer on living life by design, while being effective and fulfilled all at once.

The Power of Choice. On average, a working adult makes more than 70 decisions a day. Some are conscious decisions and some are subconscious decisions. Every decision is a choice. Even choosing not to decide or choosing not to choose is a choice. All of these choices can have far reaching and long-lasting impact. The Power of Choice enables participants to choose consciously and responsibly such that they are empowered by their choices, not victims of them.

The Power of Yes. "No" blocks. "Yes" yields. The Power of Yes opens the door to courageous acts, and charts the way to any and all possibility. "No" diminishes. "Yes" empowers. This lively engaging conversation unravels and reveals what's possible in tangible measurable results when you say yes, and it illuminates the freedom inherent in every yes.

You Are an Unlimited Possibility. William Shakespeare wrote: "We know what we are, but not what we may be." In this thoughtful impact talk, participants will see that each of us is a blank canvas... that we start each day as possibility. Then, using the power of choice, we fill in the canvas to create a life of our own design, a life without the customary limitations. It asks the question: Who am I bringing to my life today?

Overcoming Conflict. Position creates opposition. Examine the position you're taking and it will give you insight into the opposition you're encountering. In this provocative talk, participants will learn to undo conflict and redo communication.

Empowering the Leader Within. 5 Bold Steps to inspire yourself and others to stay on track, on message, on budget and on time.

THE LITTLE BOOK OF BIG QUESTIONS

A Journey in Self Discovery

SYLVIA HIGH

ASK YOURSELF

The Little Book of Big Questions is for anyone who has ever wanted the freedom to triumphantly navigate almost any of life's situations. Sometimes the search for the answer can be more valuable than the answer itself. And by using this book, with its pointed questions and provocative insights, you will be able to sharpen your focus on what matters and take actions that will bring about the results you want.

The Little Book of Big Questions was created as a result of my own need to become accountable. I came up with a series of hard-hitting probing questions that shifted my perspective and changed my life. Answer them thoroughly and honestly, and they will change yours, too. I went from believing there was no possibility to believing there is infinite possibility; from thinking it was too late to thinking it's never too late. You'll discover yourself for yourself in

The Little Book of Big Questions.

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aiminghighinc.com

ELEVATE YOUR LIFE

I Am Woman: Devotional for Elevated Living is a powerful guide that invites you on a transformative journey of self-discovery and empowerment. This devotional encourages you to embrace your true self and explore the depths of your innermost thoughts and emotions. By allowing yourself to be vulnerable and honest, you can shed limiting beliefs and behaviors that no longer serve you and step into a new level of self-awareness and confidence.

This devotional is filled with thought-provoking prompts and practical exercises that guide you toward your own personal breakthroughs. With each chapter, you gain access to the most elevated version of yourself, unlocking your true potential and living a life in alignment with your own unique definition of extraordinary. Your expanded, transformed self is waiting for you, and **I Am Woman: Devotional for Elevated Living** can be the life-changing key.

I AM Woman

DEVOTIONAL FOR ELEVATED LIVING



SYLVIA HIGH

Author of, The Little Book of Big Questions: A Journal in Self-Discovery



AIMINGHIGH with Sylvia High CORPORATE SERVICES

Aiming High Inc. assists both large and small organizations in achieving extraordinary results, we offer a broad base of training and development courses.



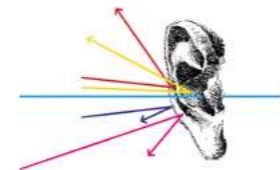
Dimensions of Diversity is designed to help employees discover and explore their attitudes and behavior toward people who are different from themselves.



Team Innovation defines the roles of team members to make your organization more competitive.



Dimensions of Behavior is designed to enhance awareness of diverse behavior and approaches to management.



Dimensions of Listening improves the listening climate of an organization and helps individuals focus on objectives.



Dimensions of Leadership is designed to expose participants to the leadership skills they possess and the attributes of excellent leaders.



Adventures in Attitudes deals with the importance of positive mental attitudes in personal, professional, marital and family relationships.



American Heart Association®



BANK OF AMERICA



BET NETWORKS



COMCAST



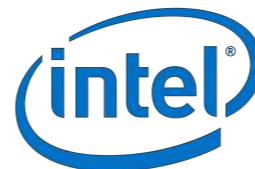
CISCO™



DELTA



EMD SERONO



intel®



OWN



United Way®



ESSENCE



SQUARESPACE



Uber

SYLVIA'S PERSONAL COACHING SERIES



YOU DON'T KNOW WHAT YOU DON'T KNOW. AND YOU DON'T EVEN KNOW IT.

The Game Changer Basic Workshop is a transformational training based on principles and proven methodologies that lead to empowered perspectives and committed actions. It is an exhilarating journey of self-discovery, the results of which can have immediate and lasting impact. The workshop - which takes place over the course of two evenings and two weekend days, scheduled consecutively - uses a combination of experiential learning techniques combined with lecture and demonstrations.



RETRAIN YOUR MIND TO ACCOMPLISH WHAT HASN'T BEEN ACCOMPLISHED YET.

Supercharge Weekend is a two-day, 12-person, INTENSIVE small-group coaching for high achievers and in quite an uncommon adult learning environment. It is not a how-to class. It is not a strategic planning session. It is not networking. It is not a workshop or a training. Rather, it is a unique opportunity for revelation, renewal and expansion... an opportunity for a rare and searching provocative conversation that will ignite possibilities you've never even considered.



SYLVIA HIGH ONLINE

Sylvia High has coached thousands of clients around the world. Now she's bringing her coaching straight to the masses wherever they are in this world. All that is required is an open mind and an Internet connection.



The I AM WOMAN Conference is a highly original conference designed exclusively for women on the move... professionals, entrepreneurs and civic leaders committed to up-leveling their impact across all aspects of their lives.

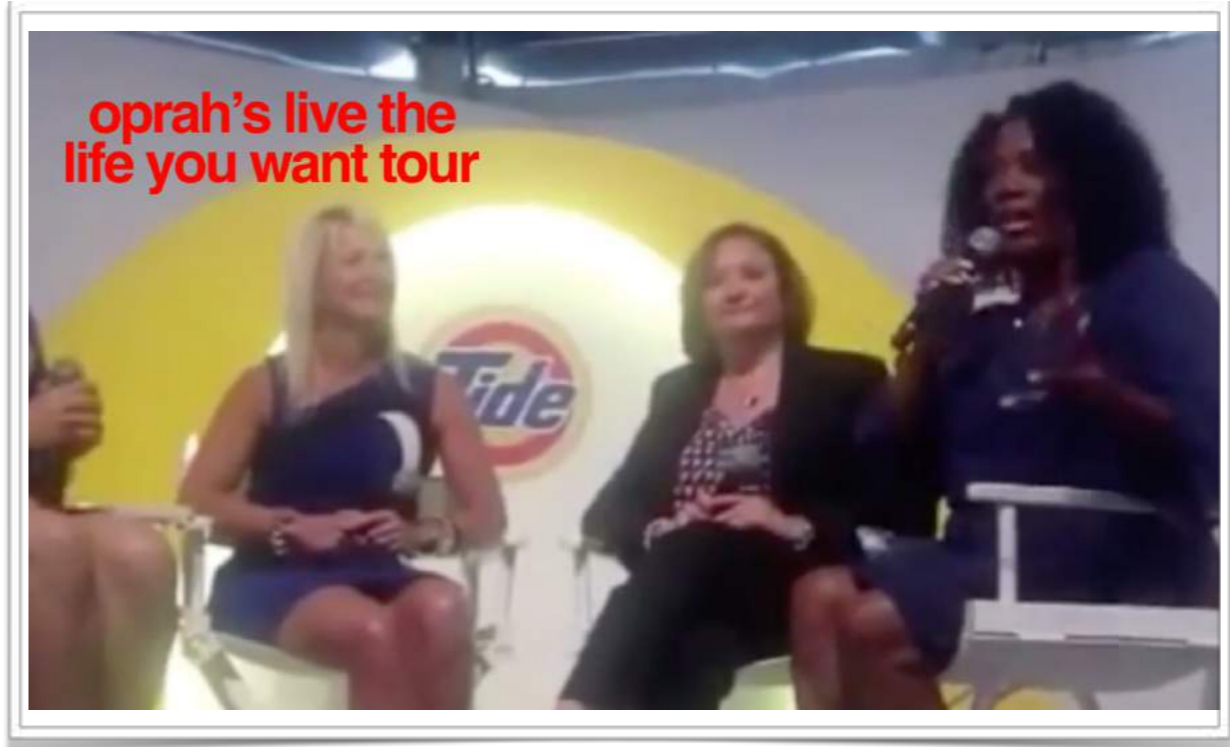
We like to say that I Am Woman is not your typical conference. Rather, it is a comprehensive approach to empowering women; an ingenious instrument designed to empower the “totality of a woman” that will enhance her effectiveness in leadership, communication, and productivity at work and at home.

The I Am Woman Conference is a thoughtful blend of interactive presentations, interviews, keynotes, provocative conversations, media, and music. It is a one-of-a-kind event where the speakers and panelists actually participate as conference-goers when they’re not on-stage. This speaks to the tremendous value inherent in the conference overall, and adds to the richness of everyone’s experience.



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[Click to watch Sylvia at OPRAH'S The Life You Want Tour](#)
[Topic: Creating Balance](#)



[Click to watch Sylvia at CISCO Systems Women of Impact Conference](#)
[Topic: Be Fearless](#)



[Click to watch Sylvia at Comcast's Coaches Camp](#)
[Topic: Cooperation](#)



FOR BOOKINGS

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