




Workplace Transformation Expert, Motivational Speaker, and Growth Strategist



TRAINING AND SPEAKING CATALOG

- Employee Training
- Motivational Speaking
- Gen Z Onboarding

 hjenarine@outlook.com

 (443) 900-6478

 Hannah Jenarine

 Hannah Jenarine



Table of Contents

01 Introducing Hannah Jenarine	3
Who is Hannah?.....	3
Services and Programs.....	4
Outstanding Accomplishments.....	5
02 Hannah's Personal Mission Statement	6
Employee Training.....	7
Overview.....	7
What Hannah Aims to do?.....	8
Communication.....	9
Topics - Choose from selection or request customized.....	9
Building Effective Communication Skills for Gen Z Employees.....	10
Navigating Difficult Conversations: Conflict Resolution and Setting Boundaries.....	11
Customer Service.....	12
Excellence in Customer Service.....	13
Leadership.....	14
Bridging the Generational Divide and Effective Leadership for Gen Z: Strategies for Managing, Leading, and Retaining Talent.....	15
Digital Literacy in the Workplace: How Gen Z is Shaping the Future of Work.....	16
Staff Development, Employee Morale, and Motivation....	17
Mastering Time Management: How Gen Z Can Stay Organized and Productive.....	18
Leading with Emotional Intelligence: Essential Skills for Gen Z in Leadership.....	19
Building Resilience in the Workplace: Gen Z's Path to Career Success.....	20
03 Motivational Speaking.....	21
04 Gen Z Onboarding.....	22
05 Formats and Rate.....	23
06 Audience and Event Types.....	24
07 Recommendations.....	25
08 Contact Hannah Now.....	26



Who is Hannah Jenarine?

HANNAH JENARINE

is a dynamic speaker, instructional designer, and workplace strategist dedicated to transforming the way organizations attract, engage, and retain Generation Z talent.

With nearly a decade of experience in public speaking, training development, and community advocacy, she empowers businesses and employees to bridge generational gaps, improve communication, and create purpose-driven workplaces.

Starting as a motivational keynote speaker in high school, Hannah expanded her expertise by creating YouTube videos, authoring workbooks, and developing training programs tailored for young professionals.

Her passion for building meaningful workplace connections has fueled her mission to prepare Gen Z professionals for long-term career success while helping employers adapt to the evolving expectations of this influential generation.

Services and Programs

Employee Training

Hannah Jenarine's **Employee Training programs** are designed to empower employees with the skills and tools they need to thrive in today's workplace.

With a focus on effective **communication, leadership, and professional development**, these tailored training sessions aim to enhance team dynamics, increase productivity, and foster a positive organizational culture.

From mastering **conflict resolution** to building **emotional intelligence** and **time management skills**, these interactive training experiences offer practical and actionable insights.

Whether it's improving communication within teams or helping employees manage workplace challenges, these programs equip professionals with the skills they need for success in their professional roles.



Motivational Speaking

As a **Motivational Speaker**, Hannah Jenarine delivers powerful, engaging presentations that inspire individuals to reach their full potential.

Her signature program, **The 7 Keys to Becoming a High Valued Person**, provides a transformative experience that encourages participants to develop core personal growth skills, including **self-awareness, self-belief, and service to others**.

Through high-energy, thought-provoking speaking engagements, Hannah helps audiences cultivate confidence, overcome challenges, and unlock their personal and professional potential. These motivational sessions are designed to resonate with diverse audiences, whether they are leaders, employees, or individuals seeking personal development. Hannah's speaking engagements inspire, energize, and challenge attendees to take actionable steps towards becoming the best version of themselves.

Gen Z Onboarding

Gen Z Onboarding services are specifically crafted to ensure Gen Z employees feel welcomed, informed, and ready to excel from day one.

Understanding the unique needs of this generation, the program includes a combination of interactive, video-based modules and practical training that introduce employees to company culture, expectations, and communication tools.

The onboarding process also covers essential soft skills, such as office etiquette, meeting conduct, and conflict resolution, which are vital for success in the workplace.

When Gen Z employees understand clear expectations and are empowered with the tools to succeed, they are more engaged, productive, and committed to their roles. This comprehensive onboarding approach helps Gen Z employees integrate seamlessly into the team, fostering long-term engagement and retention.

Outstanding Accomplishments

Authored and Sold Self-Development Workbooks

–Published and marketed three workbooks focusing on goal setting, time management, and self-esteem, earning recognition for empowering youth and peers.

Demonstrated Leadership in Youth Development Programs

–Mentored and coordinated leadership seminars, facilitated webinars, and created newsletters promoting self-awareness and self-leadership for high school and college students.

Increased Social Media Presence

–Managed LinkedIn and YouTube marketing strategies for growing audience engagement and online visibility.

Enhanced Crisis Intervention Training for Law Enforcement

–Successfully developed and facilitated monthly Crisis Intervention Team (CIT) Refresher trainings, promoting mental health awareness and de-escalation strategies among first responders.

Enhanced Violence Prevention Education and Community Outreach

–Developed and delivered 200 presentations, trainings, and outreach events focused on crime prevention and violence reduction, impacting diverse populations, including juveniles, the homeless, and elders. Created tailored curricula while producing engaging multimedia content—such as podcasts, TV segments, and videos—that reached thousands of viewers across.

B2 Spanish Certification

–Achieved intermediate proficiency in Spanish, enhancing communication skills and cultural competence.

Pursuing Master's in Instructional Design

–Currently advancing expertise in instructional strategies, e-learning development, and curriculum design through a graduate program.

MISSION

To help organizations retain and develop Gen Z employees through training that inspires, empowers, and delivers real results.





Employee Training

Overview

Employee Training Overview: Empowering the Next Generation of Workers

As Generation Z (born 1997–2012) enters the workplace in full force, businesses must prepare for the profound impact they will have. Gen Z is a generation unlike any other, characterized by their outspoken nature, high expectations, and deep desire for purpose in their work. They prioritize emotional well-being, continuous validation, and meaningful connections within their workplace. If employers aren't prepared to meet these evolving expectations, they risk struggling to engage and retain top talent, which can lead to high turnover, disengaged employees, and reduced productivity.

The reality is that Gen Z will reshape your business in ways you might not expect. To stay ahead, it's essential to understand their unique challenges and how to address them effectively. By focusing on the specific needs and values of Gen Z, businesses can unlock the potential of this generation and foster a more engaged, productive, and committed workforce.

WHAT HANNAH AIMS TO DO?

Hannah Jenarine aims to help employers retain Generation Z by equipping them with the tools, strategies, and insights needed to effectively engage and motivate this unique workforce.

By fostering an environment that values open communication, trust-based leadership, and personal growth, businesses can ensure that their Gen Z employees feel connected, supported, and motivated to stay long-term.

Through her tailored training programs, Hannah helps employers create a work culture that appeals to Gen Z, reduces turnover, and boosts overall productivity.



Communication

Topics –Choose from selection or request customization

- **Building Effective Communication Skills for Gen Z Employees**

-Equip Gen Z employees with communication tools and techniques that are effective in both in-person and virtual environments. Topics like conflict resolution, giving and receiving feedback, and professional office etiquette.

- **Navigating Difficult Conversations: Conflict Resolution and Setting Boundaries**

-Focus on helping Gen Z employees understand how to set healthy boundaries at work, speak up when necessary, and handle difficult conversations with managers and colleagues.



Communication:

Building Effective Communication Skills for Gen Z Employees

Course Description:

This training is designed to equip Gen Z employees with practical communication skills that are essential for success in both in-person and virtual work environments.

Through a focus on key areas like conflict resolution, providing and receiving constructive feedback, and mastering professional email etiquette, this course will help participants build confidence and clarity in their communications.

By honing these vital skills, Gen Z employees will enhance their professional relationships, contribute to team success, and navigate workplace challenges with ease.

Learning Outcomes:

- Develop effective communication techniques for both face-to-face and virtual interactions.
- Gain confidence in resolving conflicts and providing constructive feedback.
- Master professional email etiquette and adapt communication styles to different work environments.
- Learn how to express needs and opinions in a clear, respectful manner, fostering collaboration.

Who This Training Is For:

This course is designed for Gen Z employees looking to improve their communication skills and enhance their professional presence in both virtual and in-person work settings.

Communication: Navigating Difficult Conversations – Conflict Resolution and Setting Boundaries

Course Description:

In this training, Gen Z employees will learn how to effectively navigate difficult conversations, set healthy boundaries, and handle conflicts in the workplace.

The course will provide actionable strategies for dealing with confrontational situations, communicating needs assertively, and managing emotions during high-stakes discussions. Participants will gain valuable insights into how to approach sensitive topics with colleagues and managers, helping them maintain a balanced and productive work environment while safeguarding their well-being.

Learning Outcomes:

- Develop skills for setting healthy professional boundaries.
- Gain tools for handling difficult conversations with confidence and empathy.
- Learn conflict resolution strategies that foster collaboration and understanding.
- Understand how to approach feedback, criticism, and personal challenges in a constructive manner.

Who This Training Is For:

This training is ideal for Gen Z employees who want to build their confidence in managing challenging conversations, whether with peers, managers, or clients.



Customer Service

Excellence in Customer Service

Course Description:

This course provides Gen Z employees with the essential skills and mindset needed to excel in customer service roles.

Participants will explore techniques for providing exceptional service, including active listening, empathy, and problem-solving. The training will also focus on adapting to various customer needs, managing difficult situations, and maintaining a positive, solution-oriented attitude.

By the end of the course, Gen Z employees will be prepared to handle customer inquiries and complaints professionally, leaving a positive impression and strengthening customer relationships.

Customer Service:

Excellence in Customer Service

Learning Outcomes:

- Master the fundamentals of active listening, empathy, and clear communication.
- Develop strategies for handling challenging customer interactions with professionalism.
- Gain the ability to manage stress and remain positive during demanding situations.
- Learn how to create customer loyalty by exceeding expectations and providing personalized service.

Who This Training Is For:

This training is for Gen Z employees working in customer-facing roles who seek to improve their customer service skills and increase customer satisfaction.





LEADERSHIP

Bridging the Generational Divide and Effective Leadership for Gen Z

Course Description:

This training focuses on equipping managers with strategies to effectively lead and retain Gen Z employees by understanding their communication styles, leadership preferences, and work values.

It explores generational differences and offers actionable steps for bridging the divide, fostering an inclusive, engaged, and productive workforce.

The course also delves into leadership techniques that resonate with Gen Z, such as transparent communication, mentorship, and collaborative decision-making. With a focus on long-term success, this training helps managers develop the skills needed to motivate and retain top talent.

LEADERSHIP:

Bridging the Generational Divide and Effective Leadership for Gen Z

Learning Outcomes:

- Understand Gen Z's communication preferences and work values.
- Develop leadership strategies to foster transparent communication, mentorship, and collaboration.
- Learn retention strategies that resonate with Gen Z employees, including growth opportunities and flexible work arrangements.
- Gain tools for navigating generational differences in a diverse workplace.

Who This Training Is For:

This training is for managers, team leaders, and HR professionals looking to effectively lead, manage, and retain Gen Z employees in the workplace.



Digital Literacy in the Workplace



How Gen Z is Shaping the Future of Work

Course Description:

This course explores how Gen Z's digital fluency can be leveraged to drive productivity and innovation in the workplace.

Participants will gain insights into how Gen Z is reshaping the future of work by integrating new technologies and tools for collaboration, communication, and productivity.

From managing remote teams to embracing digital communication, this training will provide practical strategies for utilizing technology to enhance performance and engagement. Gen Z's ability to adapt to new digital environments offers a competitive advantage, and this training will ensure employees harness their full potential.



Digital Literacy in the Workplace: How Gen Z is Shaping the Future of Work

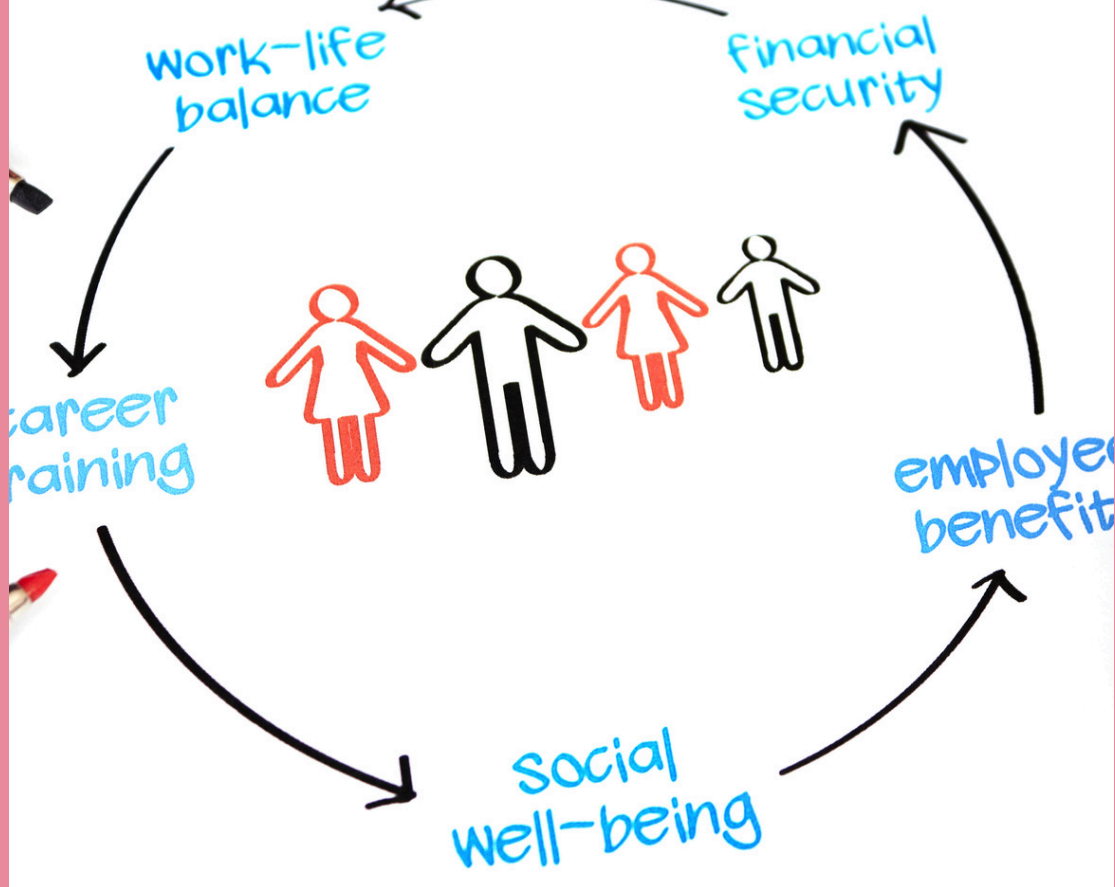
Learning Outcomes:

- Understand the role of digital fluency in shaping the future of work.
- Gain strategies for managing remote teams and utilizing digital collaboration tools.
- Learn how to optimize digital communication for effective teamwork and productivity.
- Develop skills to stay current with emerging technologies and digital trends, including AI

Who This Training Is For:

This course is ideal for Gen Z employees, team leaders, and managers who want to harness the power of digital tools to enhance workplace productivity and foster innovation.





Staff Development, Employee Morale, and Motivation

Mastering Time Management – How Gen Z Can Stay Organized and Productive

Course Description:

This training focuses on time management techniques tailored to the needs of Gen Z employees, helping them stay organized, prioritize tasks, and maximize productivity.

Participants will learn practical strategies, such as digital to-do lists, time-blocking, and goal setting, to manage their work more effectively and avoid burnout.

The course also highlights the importance of maintaining work-life balance and creating a productive work environment, ensuring that employees can stay motivated and engaged while managing their responsibilities.

Staff Development, Employee Morale, and Motivation: Mastering Time Management – How Gen Z Can Stay Organized and Productive

Learning Outcomes:

- Learn how to organize tasks and manage time effectively.
- Master time-blocking and digital tools to enhance productivity.
- Gain strategies for maintaining work-life balance and preventing burnout.
- Develop habits for staying focused and motivated in a fast-paced work environment.

Who This Training Is For:

This training is designed for Gen Z employees who want to improve their time management skills and enhance their productivity while maintaining a healthy work-life balance.



Leading with Emotional Intelligence



Essential Skills for Gen Z in Leadership

Course Description:

This training introduces Gen Z employees to the concept of emotional intelligence (EI) and how it can be leveraged to succeed in leadership roles.

Participants will explore the five key components of EI: self-awareness, self-regulation, motivation, empathy, and social skills. Through interactive exercises, Gen Z employees will learn how to recognize and manage their own emotions, as well as how to build strong relationships with others.

The course will also emphasize the importance of empathy in leadership, helping participants navigate workplace dynamics and motivate teams effectively.



Leading with Emotional Intelligence

Essential Skills for Gen Z in Leadership

Learning Outcomes:

- Understand the five components of emotional intelligence and their impact on leadership.
- Develop self-awareness and self-regulation to manage emotions effectively.
- Learn strategies for building strong relationships and fostering collaboration.
- Enhance leadership skills by using empathy to motivate and support teams.

Who This Training Is For:

This course is for Gen Z employees seeking to develop emotional intelligence to improve their leadership potential and enhance their professional relationships.



Building Resilience in the Workplace



Gen Z's Path to Career Success

Course Description:

This training focuses on building resilience in the face of workplace challenges and setbacks.

Gen Z employees will learn strategies for managing stress, maintaining a positive mindset, and adapting to changing circumstances. The course will cover techniques for developing mental toughness, overcoming obstacles, and viewing setbacks as opportunities for growth.

By cultivating resilience, participants will be better equipped to navigate the demands of the modern workplace and build long-term career success.



Building Resilience in the Workplace

Gen Z's Path to Career Success

Learning Outcomes:

- Learn strategies for managing stress and building resilience in the workplace.
- Develop a growth mindset to view setbacks as opportunities for development.
- Gain techniques for maintaining mental toughness and emotional well-being.
- Understand how resilience contributes to long-term career success and personal growth.

Who This Training Is For:

This course is ideal for Gen Z employees who want to build resilience, overcome workplace challenges, and develop a mindset for long-term career success.





Motivational Speaking

Hannah Jenarine's **Motivational Speaking** is designed to inspire and empower individuals, teams, and organizations to reach their full potential through powerful storytelling, impactful exercises, and real-life applications. The cornerstone of Hannah's motivational approach is her flagship program, "**The 7 Keys to Becoming A High Valued Person,**" which dives deep into unlocking the true potential of individuals by focusing on self-development and success.

Through high-energy, engaging presentations, Hannah delivers a transformative experience that encourages personal growth, leadership development, and a mindset shift towards becoming a high-value individual in both personal and professional settings. The 7 Keys address vital areas such as Self-Respect, Self-Awareness, Self-Belief, Support System, Self-Commitment, Silencing the Noise, and Service to Others, which together provide a solid foundation for success.

Whether it's a conference, corporate event, or leadership summit, Hannah's motivational speaking sessions are tailored to meet the specific needs of any audience. Through a blend of inspiring messages and actionable takeaways, participants will walk away equipped with the mindset and tools to pursue their goals with confidence and purpose.

Gen Z Onboarding

The Gen Z Onboarding Program

is designed to help new Gen Z employees seamlessly integrate into the workplace by providing clear expectations, effective communication training, and soft skills development. Through engaging, video-based modules, this training ensures that new hires understand not only the company's culture and mission but also the expectations of their roles, which empowers them to perform confidently and engage more fully in their work.

Once Gen Z employees are equipped with a clear understanding of what is expected of them, and have the tools they need to succeed, they are more likely to feel engaged and invested in their roles. This onboarding process focuses on clarity, ensuring Gen Z employees understand both their job responsibilities and the broader organizational culture. When expectations are clear, employees feel a greater sense of purpose and ownership, leading to higher motivation and a stronger connection to the company's mission.



ONBOARDING



Key Components:

- **Company Culture:**

A comprehensive, interactive, video-based introduction to the company's culture, key personnel, and organizational values. Employees will gain a clear understanding of the company's mission and vision, which sets the foundation for their role in contributing to company goals.

- **Communication Skills Training:**

- Internal Communication Tools: Familiarize Gen Z employees with key communication tools like Teams, Zoom, and email. This ensures they are well-equipped to engage with their teams and managers in both virtual and in-person settings.
- Professional Communication Techniques: Training on how to effectively communicate in different settings, including video conferences, team chats, and formal emails. This includes offering tips on appropriate tone, clarity, and professionalism in digital communication.

- **Soft Skills Development:**

- Office Etiquette: Guidance on how to conduct themselves in meetings, collaborate with colleagues, and represent the company culture.
- Receiving and Giving Feedback: Teach Gen Z employees how to handle constructive feedback, as well as how to provide feedback to colleagues and supervisors in a constructive and respectful manner.
- Conflict Management: Equip employees with tools to navigate and resolve conflicts professionally, fostering a healthier, more productive workplace.



Why It Works?

Why It Works:

By providing Gen Z employees with the tools and expectations they need, they will be able to build confidence in their roles, understand how to communicate effectively, and gain insight into the company's values. With these elements in place, employees are more likely to feel a strong sense of belonging and accountability, which directly contributes to greater engagement and long-term retention.

When Gen Z employees are onboarded with clarity and purpose, they are more motivated, productive, and committed to their work.

This training is ideal for organizations looking to create an inclusive, productive, and engaged workforce by offering a tailored onboarding experience that speaks to Gen Z's communication preferences, workplace values, and need for clarity in their role.

Formats and Rates

Each presentation by Hannah Jenarine is tailored to meet the specific needs of your organization, ensuring that the topics and content presented offer direct solutions to the unique challenges faced by your team. Whether it's **employee training, motivational speaking, or Gen Z onboarding**, each session is thoughtfully designed to resonate with the audience and address their specific needs.

Training Formats:

- **Virtual Pre-recorded Gen Z Onboarding:** This self-paced, video-based onboarding program is perfect for introducing new Gen Z employees to your company's culture, communication tools, and expectations. It allows employees to learn at their own pace while getting all the critical information they need to succeed in their roles.
- **Seminars and Workshops:** Offered both virtually and in-person, these are ideal for interactive learning experiences.
- **Keynote Speaking and Motivational Seminars:** Engaging and thought-provoking presentations, such as *The 7 Keys to Becoming a High Valued Individual*, can be customized for a range of events, whether for large corporate conferences, team-building days, or motivational workshops.
- **Break-out Sessions and Conference Presentations:** These interactive sessions focus on specific challenges and provide a platform for deeper discussions and learning in a smaller, more personalized environment.

RATES

Rates are customized based on client needs, including factors such as the session length, delivery format, number of participants, and specific customization required for the training or speaking event. Rates are as follows:

- **Hourly Rates:** Available for shorter, focused training or coaching sessions. (Pricing available upon request based on content).
- **Half-Day Sessions:** Ideal for concentrated training sessions, lasting around 3-4 hours. Perfect for delivering key training topics or motivational speaking sessions.
- **Gen Z Onboarding Program (Custom Package):** Tailored onboarding sessions to help organizations effectively integrate and retain Gen Z employees.
- **Multiple-Day Programs:** For extended training programs, including series of workshops, leadership development training, or ongoing employee engagement programs.





Audience and Event Types

Hannah is equipped to handle a wide range of audiences, from small teams to large corporate groups. Sessions can be customized for:

- Single or multiple workshops
- Conference presentations
- Keynote speaking engagements
- Break-out sessions
- Master of Ceremonies for events
- Any other preferred venue or event type

Customization & Flexibility: Flexibility is at the core of all sessions. Each program is uniquely tailored to meet your organization's goals, whether it's team development, leadership growth, or onboarding Gen Z employees. Be assured, no matter which format you choose, each program will deliver high customization, energy, and actionable strategies that participants can apply immediately.

Additional Information: Specific pricing will be determined based on the nature and scale of the event, the number of participants, and the desired level of customization. Glowing references are available upon request, and Hannah ensures that every training session or speaking engagement exceeds expectations with engaging, insightful, and impactful content.

RECOMMENDATIONS

Leah Webb

Program Manager Yoga 4 Change

Hannah Jenarine is a dream to work with. She is organized and responds in a timely manner. She is knowledgeable about her subject matter and delivers the information to her audience in a compassionate manner that inspires interest and action from her attendees.

What I really appreciate is her ability to shift and accommodate requests (sometimes with minutes to spare) to tailor her messaging to support organizational goals. I would highly recommend working with Hannah on anything she sets her mind to.

Dr. Cheryl West

Exec.MPA,M.Div /Founder of YELD

Hannah led a captivating and insightful session on healthy relationships during the March YELD ENGAGEMENT SERIES (YES). The session focused on exploring the themes of Trust and Communication, and the participants were encouraged to share their individual experiences and insights. The hour-long session was filled with meaningful and authentic conversations grounded in feeling safe, accepted, and mutually committed.

Mothers and daughters participated in the session, and the exchange of lived experiences between the generations resulted in informative and intergenerational perspectives. Perhaps the most poignant comment was from a participant who enjoyed the presentation so much that they listened to it with Air Pods, saying, "Even the tone and sound of her voice are very soothing. It's still resonating in my ears and head, and I think I will listen to future sessions with air pods."

Hannah's dynamic and informative session on Trust and Communication was a resounding success. We are looking forward to the continuation of the Healthy Relationship Series. The next session on Boundaries and Consent will be held on Tuesday, April 9th. Register at www.yeldfacilitator.com

RECOMMENDATIONS

Leonard Herbert

Social Studies Teacher Orange Regional Juvenile Detention Centre

I had a pleasure of welcome Ms. Hannah Jenarine into my class to speak to my students about a topic that has proven difficult for me to discuss with them (Healthy Relationships). Her non-judgmental attitude and presentation on a personal level resonated well with me and my students. Her presentation was well paced and full of helpful information that made us realize that a relationship takes effort and thoughtfulness about the emotional needs for others.

She did not shy away from difficult questions and maintained a level of professionalism that is a prerequisite when teaching juveniles about anything. She was a pleasure and a breath of fresh air in an environment that desperately need the skills she commands. I look forward to hosting her in my class in the future.

Merlyn Colbert

Assistant Director/Women On The Rise International Inc.

Hannah, your willingness to share your expertise and insights on Sexual Assault Awareness was truly commendable. Your presentation was not only informative but also deeply compassionate, providing our members with valuable knowledge and resources to better understand and address issues related to sexual assault.

Your ability to navigate difficult conversations with empathy and understanding created a safe and supportive environment for our audience.

Thank you, once again, for your unwavering commitment to this cause. Your contribution to our meeting has left a lasting impression on all of us, and we are immensely grateful for your support.



Workplace Transformation Expert, Motivational Speaker, and Growth Strategist

A speaker has the power to make or break the success of your event. **Hannah Jenarine** has a proven track record of motivating, inspiring, entertaining, and educating audiences of all types and sizes.

With her dynamic energy and engaging presence, she knows how to captivate and excite any crowd. Hannah will elevate your event and leave a lasting impact!

Contact Hannah Jenarine now: 443-900-6478
hjenarine@outlook.com

<https://calendly.com/hannahjenarine/consultation>

