



K. Todd  
Houston, Ph.D.

Keynote + Leadership Workshops | Stress,  
Communication, Confidence | Micro-  
Scripts for High-Pressure Situations |  
Reducing Burnout Using Micro-Scripts

*I help educators, healthcare, & allied health professionals reduce burnout and imposter spirals using micro-scripts—short, repeatable phrases that create calm, clarity, and boundaries in high-pressure educational & clinical environments.*

## About Todd

**K. Todd Houston, Ph.D.** is the Owner and Strategic Life Coach at Sunburst Coaching & Consulting, LLC and a Professor of Speech-Language Pathology. Todd's work blends communication expertise with behavior-change strategy to give clinicians exact language for the moments that matter: fighting burnout, tough conversations, productivity pressure, documentation overload, and emotionally charged interactions. Sessions are practical, evidence-based/informed, and built for real shifts and real caseloads.

## Signature Topics

- ✓ Burnout-Proof Communication & Fostering Resilience
- ✓ Boundaries & Role Clarity
- ✓ Imposter Moments in Clinical Practice
- ✓ Defeating Documentation Dread
- ✓ Difficult Conversations
- ✓ Micro-Leadership for Clinicians

## What Participants leave with

- Micro-scripts for the highest-frequency clinical stress points
- Warm/Neutral/Firm options for different roles and settings
- A simple framework for consistency: **SOS Model (Sense It → Own It → Shift It → Live It)**
- Clear next-step habits that protect time, energy, and professionalism

## Popular Session Titles

- Micro-Scripts That Reduce Burnout: Words That Change the Workday
- Boundaries Without Guilt in Healthcare: Scripts for Scope Creep & Overload
- Imposter Moments Under Pressure: What to Say to Yourself and Out Loud
- Documentation Dread: Scripts and Systems for Starting (and Finishing) Notes



todd@sunburstcoachingconsulting.com



www.sunburstcoachingconsulting.com



(330) 903-0049



linkedin.com/ktoddhouston

## Format Options

- Keynote (45-60 min.)
- Workshop (60-90 min.)
- Department Training
  - (60-120 mins.)
- Virtual or In-Person
- Multi-session series available

## Best-Fit Audiences

- SLPs, OTs, AuDs, & PTs
- Allied Health Professionals
- Teachers/Educators
- School Administrators
- Early Intervention Providers
- Nurses, School Nurses
- Rehab Teams/Rehab Leaders
- Clinic/Hospital Leaders
- Professional Associations



**Note:** Presentations & trainings can be tailored to meet specific needs, settings, & disciplines.

*Get in Touch!*



## Presentation List

My presentations are designed for educators, allied health professionals, administrators, and university faculty. These professionals are under pressure to deliver sessions that are energizing, practical, and immediately relevant, especially for those carrying heavy workloads and high emotional demand. My talks are designed for exactly that reality.

I'm K. Todd Houston, Ph.D., a Professor of Speech-Language Pathology (University of Akron) and the Owner & Strategic Life Coach at Sunburst Coaching & Consulting, LLC. I help professionals strengthen resilience, reduce burnout risk, and communicate with calm clarity under pressure. My approach blends real-world experience with behavior-change science, and it's built to be used in clinics, classrooms, therapy rooms, leadership meetings, and supervisory conversations the very next day.

Whether you're looking for a keynote that re-centers purpose and re-energizes your audience, or a workshop that teaches concrete tools (including my signature micro-scripts—short, repeatable phrases for tough moments), participants leave with practical takeaways, renewed confidence, and language they can actually use in high-stakes situations.

If your goal is a session that sparks momentum and delivers durable skills—while meeting the needs of educators, clinicians, faculty, administrators, and leaders—I'd be honored to support your needs.

**Let's work together! Here's a partial list of my keynote addresses, presentations, & workshops.**

(**Note:** These presentations can be tailored to meet the needs of your audience.)

### Keynotes

#### **1) Leading Calmly Under Pressure: Communication Habits That Stabilize Teams**

A practical keynote on how leaders can use clarity, boundary-setting, and steady communication habits to reduce friction and keep teams functioning under stress.

##### **Learning outcomes:**

1. Identify common communication patterns that escalate stress and destabilize teams.
2. Apply a simple framework for clarity and boundary language in high-pressure moments.
3. Use specific “next-step” phrases to improve decision-making and trust during conflict or change.

#### **2) Retention Is a Leadership Skill: Reducing Friction, Fatigue, and Turnover**

Learn how leaders reduce burnout and turnover by improving workload conversations, role clarity, and the everyday communication culture that drives engagement.

##### **Learning outcomes:**

1. Recognize the leadership behaviors and workplace signals that predict burnout and disengagement.
2. Implement concrete communication practices that improve role clarity and capacity planning.
3. Create a small “retention plan” using language tools and routines that support sustainability.

### **3) Reigniting Purpose in Helping Work: From Survival Mode to Meaningful Momentum**

A re-centering keynote that helps helping professionals reconnect with purpose and build habits that restore motivation without overextending themselves.

#### **Learning outcomes:**

1. Distinguish between purpose-drain (chronic depletion) and purpose-loss (disconnection from meaning).
2. Apply simple daily practices that rebuild energy, agency, and motivation.
3. Create a personal “purpose reset plan” that protects meaning while maintaining boundaries.

## **Workshops and Breakouts**

### **4) Words That Work: Micro-Scripts for Difficult Conversations**

An interactive session teaching micro-scripts—short, repeatable phrases—for navigating conflict, pushback, and emotionally charged conversations with clarity and professionalism.

#### **Learning outcomes:**

1. Identify the top difficult-conversation scenarios in educational settings and what makes them derail.
2. Practice warm/neutral/firm micro-scripts for common situations (capacity, conflict, expectations).
3. Choose and apply a script strategy that reduces overexplaining and increases resolution.

### **5) Feedback Without Fallout: Skills for Difficult Conversations**

A skill-building workshop for supervisors and educators to deliver feedback that strengthens competence and accountability without triggering defensiveness or shame spirals.

#### **Learning outcomes:**

1. Use a structured feedback approach that increases clarity and decreases emotional escalation.
2. Apply language tools that separate the person from the behavior while maintaining high standards.
3. Practice repair strategies for when feedback conversations go sideways.

### **6) Meetings That Don't Drain People: Decision Clarity for Education Teams**

A practical workshop that turns meetings into decision-making engines, reducing ambiguity, wasted time, and post-meeting frustration.

#### **Learning outcomes:**

1. Identify the meeting patterns that create confusion, overload, and follow-up churn.
2. Use simple language structures to clarify purpose, decisions, owners, and timelines.
3. Implement a repeatable “meeting discipline” that reduces cognitive load and improves follow-through.

### **7) Reigniting Purpose in Education: From Survival Mode to Meaningful Momentum**

A re-centering keynote that helps helping professionals reconnect with purpose and build habits that restore motivation without overextending themselves.

#### **Learning outcomes:**

1. Distinguish between purpose-drain (chronic depletion) and purpose-loss (disconnection from meaning).
2. Apply simple daily practices that rebuild energy, agency, and motivation.
3. Create a personal “purpose reset plan” that protects meaning while maintaining boundaries.

### **8) Words That Work: Micro-Scripts for Difficult Conversations**

An interactive session teaching micro-scripts—short, repeatable phrases—for navigating conflict, pushback, and emotionally charged conversations with clarity and professionalism.

#### **Learning outcomes:**

1. Identify the top difficult-conversation scenarios in educational settings and what makes them derail.
2. Practice warm/neutral/firm micro-scripts for common situations (capacity, conflict, expectations).
3. Choose and apply a script strategy that reduces overexplaining and increases resolution.

### **9) Feedback Without Fallout: Skills for Difficult Conversations in Education**

A skill-building workshop for supervisors and educators to deliver feedback that strengthens competence and accountability without triggering defensiveness or shame spirals.

#### **Learning outcomes:**

1. Use a structured feedback approach that increases clarity and decreases emotional escalation.
2. Apply language tools that separate the person from the behavior while maintaining high standards.
3. Practice repair strategies for when feedback conversations go sideways.

### **10) Meetings That Don't Drain People: Decision Clarity for Educational Teams**

A practical workshop that turns meetings into decision-making engines, reducing ambiguity, wasted time, and post-meeting frustration.

#### **Learning outcomes:**

1. Identify the meeting patterns that create confusion, overload, and follow-up churn.
2. Use simple language structures to clarify purpose, decisions, owners, and timelines.
3. Implement a repeatable “meeting discipline” that reduces cognitive load and improves follow-through.

**Rise with Power. Shine with Purpose. Live with Passion.**

## Faculty, Supervision, and Leadership Development

### 11) Supervision That Builds Confidence: The Language of Effective Mentoring

A train-the-trainer session on mentoring communication that improves performance, confidence, and independence in students and early-career educators.

#### Learning outcomes:

1. Identify mentoring language habits that either build capability or create dependency.
2. Use practical question stems and coaching phrases that strengthen professional reasoning.
3. Create a supervision communication plan aligned to competence, autonomy, and accountability.

### 12) From Student to Professional Voice: Coaching Confidence in Education

Tools for helping students and trainees develop a confident professional voice, especially in high-stakes moments like uncertainty, feedback, and being questioned.

#### Learning outcomes:

1. Recognize common “confidence breakdown” moments in clinical learning and why they persist.
2. Teach learners concise language tools for asking, clarifying, and responding under pressure.
3. Implement routines that reinforce identity, competence tracking, and professional presence.

### 13) Psychological Safety in Education: What Leaders Do Differently

A leadership-focused session on building psychologically safe learning environments that support growth, accountability, and high standards at the same time.

#### Learning outcomes:

1. Define psychological safety in a way that supports both learning and performance expectations.
2. Use leadership language that increases candor, reduces fear of mistakes, and improves learning behavior.
3. Apply practical protocols for questions, debriefs, and error recovery that strengthen team trust.

---

Thank you for taking the time to review these session options. If you're looking for a keynote or workshop that's practical, engaging, and tailored to the real-world demands of your audience, I'd love to be considered for your event. I'm happy to customize a session to fit your conference theme, time slot, and learning outcomes so your attendees leave with tools they can use immediately. I look forward to the possibility of working together and supporting a powerful experience for your participants.

