

Dr. Lauren Hodges

KEYNOTE & WORKSHOP PROGRAM DESCRIPTIONS 2023-2024

3 Keys to High Performance in VUCA Environments

What does it take to truly thrive in high-demand, high-pressure environments? In this interactive, engaging session, participants will learn and apply what sports and military teams have known for years: our biology and psychology have a direct impact on our performance at work and at home.

The past 40 years of research in human performance sciences tell us that when we connect to our greater purpose and mission, build awareness of how we show up under demand and challenge, prioritize well-being, and manage our energy more strategically, intentionally, effectively, and efficiently, our capacity for high-performance behaviors like leadership, decision-making, creativity, focus, communication, productivity, and so on, improves dramatically.

In this interactive session, we'll unpack four decades of human performance sciences to understand better the relationship between leaders' physical, mental, emotional, and spiritual well-being and their ability to perform at their best, stay productive, and remain fully engaged in the organizational mission, without sacrificing their health, happiness, or relationships in the process. Participants will leave with new insights and practical strategies they can apply right away. Sessions can be tailored to the industry and to individuals vs. leaders, etc.

Objectives:

- Learn the 3 keys to sustaining high performance and leading others in high-demand, high-pressure environments.
- Leverage human performance and energy management sciences to connect daily habits and decisions with a greater purpose and grow personal accountability.
- Identify and apply science-based strategies to better manage our physical, mental, emotional, and spiritual energy to drive sustained high performance.

What is Your Stress Personality?

Our workforce is more stressed than ever before. Most often, when we experience stress, our thoughts, emotions, and behaviors are completely out of our control. When we aren't in the driver's seat of our stress, it can quickly derail our ability to show up at our best at work, but also at home, where it matters most.

What if there was a way to get back in the driver's seat of your stress and improve your performance at work, at home, and in your relationships at the same time?

There is: and it's a tool you can use anytime, anywhere.

Recent research has revealed fascinating new insights about stress and the brain - and how we're all uniquely wired to experience stress in different ways.

In this interactive, engaging session, Dr. Hodges will share 8 different stress personalities, how they show up, and recovery from negative stress experiences, and will provide guidance on proactive recovery strategies.

For information on booking Lauren for your next event, please contact:

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Participants will:

- Understand the different types of stress personalities
- Identify their own unique stress personality and how it impacts their ability to show up at their best personally and professionally
- Identify new techniques that leverage brain sciences to transform their experience of stress

Brain Training: Master Your Work Rhythm

Sometimes our workload and daily demands feel endless: the to-do's, calls, meetings, projects, planning, birthdays, kids' sports schedules...the list goes on. How often do your days leave you feeling exhausted, overwhelmed, and disengaged from the people and things that matter the most?

Did you know that there is brain science as to why you feel this way? And, there's a way to combat it? The science of cognition, stress, and human performance provides us new insights about why we aren't meant to go full force all day, and what we truly need to be high performers at work and in life.

In this session, you will learn a new framework to rethink what it means to perform, recover, and thrive. Dr. Hodges will use brain and human performance sciences to tell the story of burnout and offer tools you can use right away to have more energy, feel less stressed, and take your performance to the next level.

Participants will:

- Identify tools to recharge energy, focus, and attention
- Leverage brain science to build new work habits that drive high performance, not burnout
- Increase energy, build resilience, and thrive at work and in life with small changes that lead to lasting results

Agility: Your Long-Term Gameplan for Thriving Through Stress

Did you know there is a formula to truly thriving in life? What does it *really* take to move from merely bracing for whatever happens to us each day and reacting to the challenges to taking control over our lives and moving to a place of sustained growth and high performance...no matter what happens to us?

How do we move from reactive and "bouncing back" from stress, challenge, and change to leveling up in life? That's where Agility comes in.

Agility is more than being resilient: it's a formula for real, sustainable change and thriving in our lives.

Why Agility? Because it's not just a word reserved for elite athletes and supercharged workouts. Agility is about maneuvering and even thriving through stress and storms. An agile person is self-aware: they have the right mindset for success, a vision of what they want to be and what matters most, and they create an environment to be that person most of the time.

Agility doesn't happen overnight; it's a rewiring of your brain.

In this session, you'll learn a formula to build that agility along with simple techniques to help you create new habits and mindset to support lasting change. This is the first step to putting yourself back in the driver's seat of your own success.