

## KEYNOTE & WORKSHOP PROGRAM DESCRIPTIONS 2023 – 2024

### STOP & SHIFT: The Mindset Reset for Extraordinary Leaders

The ups and downs of life are often comparable to the problems we face as leaders. When overwhelmed, it's easy to get stuck in negative thought loops. However, the greatest leaders recognize the transformative power of a growth mindset, emphasizing adaptability in both personal and organizational settings.

Enter Stop & Shift, a mental framework that helps you develop a growth mindset to enhance leadership journeys and promote a thriving workplace culture.

Stop & Shift is more than just a buffer against challenges; it's a strategy for leadership excellence. When leaders develop their mindset, it not only strengthens their own resilience but also creates an organizational culture that is enthusiastic, resilient, and constantly growing.

Key learning outcomes include:

- **Growth-Centric Leadership:** Understand how to cultivate a growth mindset, viewing challenges as invaluable learning opportunities.
- **Decision-Making with Clarity:** Learn to navigate stressful situations by creating space from negative thoughts, empowering you to make clear and strategic decisions.
- **Inspiring a Positive Culture:** Discover how to champion resilience and joy within your team, promoting a culture where every challenge is seen as an opportunity for collective growth.

Embrace the synergies of Stop & Shift and a growth mindset to refine your leadership ethos and the overall culture of your organization.

## 100% HUMAN: 3 Guideposts to Unlock Potential in the Workplace

Every leader has heard it before: "People are your most important asset." Yet, truly embodying this sentiment and translating it into actionable strategies is where the challenge lies. Enter *100% Human: 3 Guideposts to Unlocking Human Potential*.

In this enlightening keynote, we delve deep into the pillars of a workplace culture that truly prioritizes human potential and well-being. It's more than just a principle; it's a transformative practice. By the close of this message, you will not only understand the essence of a human-centric workplace but will also gain tangible strategies to build one.

By attending, participants will have the tools to:

- **Develop a Growth Ecosystem:** Unearth strategies to enhance communication, uplift team members, and foster a culture that is built on mutual trust and relentless growth.
- **Embed Wellness into the Business Blueprint:** Discover how to seamlessly weave well-being into your operational strategy, ensuring a balanced approach that enhances productivity without straining resources.
- **Champion Individuality within a Unified Mission:** Understand the art of valuing each individual as a unique contributor while also deepening the connection to a shared, meaningful mission.

Join us as we redefine leadership through a lens that is 100% Human. Together, let's build workplaces where people aren't just assets but the very heart of our mission.

## Leading Forward: Transformative Shifts in Leadership

Being an effective leader means understanding the human dimension of leadership. It's about connecting with your team on a human level and empowering them to reach their full potential.

In this keynote, attendees will explore three pivotal shifts to cultivate a supportive and growth-centric culture where every team member feels valued and understood. With the continuous merging of our work and personal lives, it's imperative for leaders to embrace these shifts and champion the intrinsic human values of leadership.

Attendees will leave equipped with the knowledge, tools, and mindset necessary to lead with compassion, authenticity, and effectiveness.

Learning Outcomes:

- **Reframe Mistakes:** Discover the transformative power of viewing mistakes as learning opportunities. By embracing a "fail fast, learn fast" attitude, we can foster a psychologically safe workplace where innovation flourishes and productivity soars.
- **Remain Open & Curious:** Understand the value of open communication, active listening, and fostering a culture of curiosity. Learn actionable strategies to encourage the sharing of diverse perspectives and ideas, leading to fresh insights and solutions.
- **Release Perfection:** Dive deep into the concept of striving for excellence over perfection. By adjusting our expectations and valuing the journey towards excellence, we create a more resilient, adaptable, and productive work environment.

Remember, true leadership isn't just about guiding a team—it's about growing with them.