

JESS KIELY-VOGELPOHL

CONSCIOUSLY UNBECOMING: REWIRING BELIEFS TO UNLOCK YOUR FULL POTENTIAL



WELL, HI THERE! 🌻

What if the biggest thing standing between achieving your goals and truly enjoying life isn't skill or strategy but subconscious programming you never chose?

Research shows that **95%** of our thoughts, feelings, and actions are driven by subconscious beliefs formed long before we were aware they existed. These inherited stories shape how we communicate, lead, collaborate, and pursue goals; often keeping us stuck in patterns that no longer serve us.

In this transformative keynote, Jess Kiely-Vogelpohl teaches the **Science + Soul of rewiring the negative stories holding us back**. Blending neuroscience, psychology, nervous system regulation, and motivational storytelling with practical tools, Jess empowers audiences to break free from subconscious programming and step into their authentic selves.

WHAT MAKES THIS KEYNOTE DIFFERENT:

This isn't surface-level motivation. This is a deep, soul-shifting experience designed to help people understand who they are, what they are capable of, and what's actually standing in their way. Jess doesn't talk at audiences, she meets them in the mess and walks them back to their power.

Because the biggest obstacle between where we are and where we want to be isn't strategy or structure, it's the stories we believe about ourselves, our worth, and what's possible.

PARTICIPANTS WILL WALK AWAY WITH:

- Understanding of how subconscious beliefs shape who we are, goal achievement, communication, leadership, risk-taking, and collaboration
- Tools to identify limiting beliefs and patterns that hold individuals and teams back from reaching their potential
- Practical, neuroscience and somatic based strategies to move through discomfort and resistance during times of change
- Vision-driven mindset frameworks that strengthen motivation, alignment, and ownership across the organization
- Increased psychological safety, collaboration, and innovation through belief rewiring that builds trust and empowerment

IDEAL FOR

- Conferences seeking transformative and motivational speakers who inspire authentic empowerment and breakthrough growth
- Corporate events, ERGs and organizations seeking to reignite team energy, engagement, and authenticity in the workplace
- Leadership teams and Board of Directors navigating change, transformation, or cultural shifts
- Professional development conferences focused on performance, resilience, innovation, and personal growth
- Teams feeling burned out, disconnected, or stuck in patterns that no longer serve their mission

SPEAKING – TRAINING – RETREATS

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