



JEFF ROGERS

VETERAN | KEYNOTE SPEAKER | AUTHOR | FOUNDER OF STRENGTHEN THE POSITIVE

Jeff Rogers is a U.S. Air Force Veteran, speaker, and founder of Strengthen the Positive, a platform focused on helping people navigate change with clarity and purpose. With decades of experience as a Master Instructor and corporate change leader, Jeff brings a calm, mission-first presence to high-stakes spaces. His message connects with Veterans, leaders, and anyone standing at a turning point.

FEATURED KEYNOTE

THE TRANSITION TRAP

When the World Moves On and You're Standing Still

This keynote explores the emotional weight of transition—the disconnection, identity shifts, and pressure to “keep up” when you’re still finding your way. With honesty and lived experience, Jeff shares stories and strategies to help audiences reclaim direction, rediscover purpose, and move forward on their own terms.



AUDIENCE TAKEAWAYS

- Understand the hidden cost of disconnection during change
- Identify personal and team resilience that doesn't rely on performance
- Reframe purpose and identity when structure disappears
- Walk away feeling seen, grounded, and equipped to act

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PRESENTED BY:  LEGACY WORKS



“Take care, be well, and go slow.”