



**STRENGTHEN
THE POSITIVE**

JEFF ROGERS

VETERAN

KEYNOTE SPEAKER

AUTHOR

I'm Jeff Rogers—an Air Force Veteran, speaker, and author who helps others navigate life after service with resilience, honesty, and purpose. I speak from experience, not theory, and I thrive connecting with your people: those in transition, leading through uncertainty, and learning to keep going without pretending everything's fine.

SIGNATURE TALK:

THE TRANSITION TRAP

*When the World Moves On and
You're Standing Still*

Unpack the isolation of transition in a world that keeps speeding up. You'll gain practical strategies to reconnect, reclaim your value, and move forward—even when you're standing still while everything else moves on.

BOOKING CONTACT:

email: Jeff@StrengthenThePositive.com

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AUDIENCE TAKEAWAYS

- Language for truth-telling in hard seasons
- A reset on what resilience actually looks like
- Tools for staying grounded while moving forward



PRESENTED BY:  **LEGACY WORKS**

"Take care, be well, and go slow."

ADDITIONAL TALKS



STILL STANDING

Real Resilience in a World That Wants You to Smile Through It

This keynote challenges the myth that strength means pretending you're fine. Jeff shares honest stories and hard-earned truths about navigating burnout, pressure, and emotional exhaustion. Audiences walk away with a renewed understanding of resilience—grounded not in perfection, but in presence, perseverance, and truth.



PURPOSE IN THE PAUSE

Clarity, Identity, and Meaning in Life's In-Between Seasons

This talk explores the power of slowing down—not as weakness, but as wisdom. Jeff challenges the notion that growth only happens in motion and helps audiences find purpose through rest, reset, and reflection. Ideal for those navigating transition, burnout, or redefinition.

WHO IS THIS TALK FOR?

- Veterans navigating transition
- Leaders managing life changes (retirement, layoffs, reinvention)
- Teams seeking honest resilience—not rah-rah motivation
- Anyone who's tired of pretending they're fine

TESTIMONIAL

“Jeff doesn't motivate you with clichés—he speaks to your gut, and that's why people listen.”



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