

Dr. Amber Selking – Optional Hex Nut Audience Interactive
Client Preparation Guide

Sample video: <https://youtu.be/9A5P6hXI-Fs>

Purpose of the Activity

During the keynote, participants complete a brief hands-on demonstration showing the power of intentional thought. Using a simple tool—a hex nut or washer on a short string—they experience how quickly the mind can influence physical motion. This creates a memorable, energizing moment and gives attendees a physical reminder of their ability to drive their own mindset and performance long after the event.



What Your Team Needs to Provide

Please supply and assemble the following items for every attendee:

1. Hex Nuts or Washers

- Standard metal hex nuts or flat washers
- Quantity: one per attendee, plus 5–10 extras
- Available at any hardware store or online

2. String

- Light cotton or nylon string works best
- Any color is fine; many clients choose a brand-color option
- Quantity: one 6-inch piece per attendee
- Available at craft stores, hardware stores, or online

3. Assembly

- Tie one 6-inch string securely to each hex nut or washer
 - Place completed pieces on chairs or hand them out at registration
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Creative Branding Options

Optional ways to personalize the experience:

- Use string in corporate or event colors
- Add small branded stickers to the nuts or washers
- Attach a custom tag with the event name or theme

This exercise lends itself well to simple, memorable customization.

Why These Items Matter

This tool ensures every attendee can fully participate, creating an inclusive, high-impact moment. Many participants keep their hex nut string at their desk as an ongoing mindset cue tied to Dr. Selking's message.

Timing & Logistics

- Please assemble and distribute all materials before the keynote begins.
- No additional setup is required.
- If you'd like her team to review your selections, we're happy to help.