

# Introduction

In this high-speed world, it's easy to get lost in the haze of meetings, interruptions, and the relentless state of doing. But today, you're invited to do something far more radical. To pause. To breathe. To remember your why.

Our speaker creates experiences that stir the heart, awaken the senses, and bring us back to our most essential selves. Featured on National Geographic Today, honored with national speaking awards, and shaped by a lifetime of wilderness adventures—from canoeing in the back country, to running sled dogs through snowy silence—Chris brings a rare kind of wisdom.

This is not a lecture—it's a journey. A chance to reflect, re-ground, and rediscover the deeper meaning behind the work we do. So, whether you're on the edge of burnout or simply ready to see your role through a fresh lens, this is your invitation to come home to yourself.

Please welcome speaker, wilderness guide, poet, and co-seeker of the wild... Chris Heeter

