



LAKEIA STOKES

Army

Keynote: From Surviving to Thriving

Having been an elite level athlete in high school and playing in the Division 1 ACC league, holding records in both, Lakeia knows what it means to be committed to achievement. Sacrifice, discipline, and laser focus are the end goals.

As a United States Veteran, Lakeia knows what it takes to rally others around a vision and go out and execute. Unfortunately, she also knows the other side: the failure, the self-doubt, the fear of the unknown - and what that does to your confidence and mindset. Diving in deep on how she broke past thresholds and achieved at her highest levels, Lakeia shares the tangible lessons of a life of pursuit. There's a lifetime of hard work and hands-on experience beyond the lessons in this powerful and humorous keynote.

- To thrive is a choice. It's an attitude, and your ability to thrive in the world is deeply connected to the actions you take on a daily basis and the belief structures you embrace.
- Going through something as traumatic as I did definitely changed me. It can sometimes be overwhelming but how the pain changes you is up to you. You can come out bitter or you can come out better! I chose to be better!
- Failure
- Self-doubt
- Fear of the unknown