



Interactive Keynotes

Keynotes are an opportunity to capture the hearts and minds of your employees. It's widely known that people forget what you say, but they'll never forget how you *make them feel*. We've been engaging audiences for decades in a way that fosters positive emotions and drives home organizational messaging. Our style of combining storytelling with researched based content inspires audiences to unleash their potential. We will make your event more meaningful, memorable, and fun.

Our *Interactive Keynotes* are:

- Science-based
- Highly interactive
- Fun and engaging

Participants learn by:

- Experiencing relatable stories that captivate and motivate
- Connecting with through inspiring and relevant content
- Interacting in small groups to solidify concepts and support learning

Content areas include:

- Personal Energy Management
 - Get in the Groove - Personal Energy Management Strategies
 - Resilience Strategies for Challenging Times
 - Purpose Energy Drivers – Personal Decision Making
 - Emotional Intelligence
- Communication
 - Breakthrough Results Through Dialogue – Conflict Resolution
 - Fostering Collaborative Connections
 - Navigating Organizational Politics with Integrity
- Employee Engagement
 - Align Company Initiatives with Employee Passion
 - Career Development
- Leadership Development
 - Gaining Momentum Around Change Initiatives
 - Aligning Employees with Organizational Goals
 - Teaching Leaders to Effectively Connect, Communicate, and Coach

Our clients say that our *Interactive Keynotes* help their participants:

- Access skills to better contribute to organizational success
- Have an engaging developmental experience
- Foster personal alignment with company initiatives

Every company has different needs and we're aware of that. We custom design and deliver our *Interactive Keynotes* to support your organization's key initiatives.

Available for in-person or virtual delivery ranging from 20 to 90 minutes.