

Building Through Change: Staying Motivated in a Changing World

all presentations are available live in-person or virtually



Change Keynote Overview

In today's world of constant, unrelenting change, it's natural to feel worried about the future, and, even worse, unmotivated at the one time you can least afford to be unproductive. Instead of wasting time trying to plan for an unpredictable future, the way forward is to take the next step even when you don't know what comes next.

Bestselling author and Thought Leader in the science of motivation Cara Brookins knows a lot about being adaptable and staying motivated during turbulent times. In her presentation she draws authentic parallels between building a house with her four kids using YouTube videos and the uncontrollable, changing environments individuals, leaders, and businesses face today.

With insights from Cara's inspiring construction site stories, audiences will learn how to develop the mindset necessary to push past their fear of the unknown, remain adaptable in turbulent times, and continue to take action when everything feels uncertain. Because in a world of constant, unrelenting change and uncertainty, you need a future-proofed team of in-control, with highly-focused leaders who are ready to lead with confidence no matter what happens in the world.

Key Takeaways:

- ✓ Empower your team to embrace change and fearlessly do things they've never done before
- ✓ Life-changing approach to figuring things out when you don't know what's coming next
- ✓ Unconventional tools and tactics to confidently and intentionally move into uncharted territory
- ✓ Easy-to-implement strategies that future-proof your team to manage uncertain times
- ✓ Proven tools and techniques to developing an adaptable, figure-anything-out mindset
- ✓ Gain the confidence and adopt the mindset to navigate change and succeed no matter what

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