

A woman with blonde hair, wearing a light blue short-sleeved dress and white heels, stands on a stage. The stage background is a wall of purple-lit panels with a geometric pattern. A large, semi-transparent blue circle is overlaid on the top left of the image. In the foreground, the backs of several audience members are visible, seated at tables.

**ONE OF  
TODAY'S MOST  
IN DEMAND  
SPEAKERS**

**CARA BROOKINS  
KEYNOTE  
TOPICS**

## Challenge Your Attendees to Take Action

**Buckle your toolbelt, this is more than inspiration. Get ready to be inspired, educated, and empowered with Cara Brookins – a best-selling author, international speaker, and celebrated motivational expert. With over two decades of experience in business and research on the science of motivation, Cara delivers dynamic and transformational presentations that leave a lasting impact on your audience.**

Through her remarkable true story of building a house with her four children using YouTube tutorials, Cara immerses her audience in a world of sheer determination, resilience, and positive change. Using captivating storytelling and cutting-edge research on motivation, Cara delivers a message that moves audiences from inaction to action.

But Cara doesn't stop there - she empowers audiences with the tools and strategies they need to take the next step towards bigger goals and success. Tapping into her extensive knowledge and experience, Cara provides practical advice, actionable blueprints, and practical tools that can be applied to both personal and professional life.

Tailored to your specific needs and challenges, Cara's presentations establish a powerful connection between the step-by-step process of building a house and the process of achieving transformative success in the dynamic workplace. Her presentations feature entertaining and mind-boggling photos of her young children building a house at her side, bringing to life the journey from sheer determination to victory.

**Ready to get motivated? Contact [team@carabrookins.com](mailto:team@carabrookins.com) to start the conversation or go to <https://carabrookins.com/book-cara/>**

# Building Resilience: A True Story of Grit & Determination

*all presentations are available live in-person or virtually*



## Resilience Keynote Overview

In a world filled with economic uncertainty, political volatility, unprecedented developments in technology, increasingly devastating natural disasters, and never-ending challenges, staying motivated can feel impossible. The hard truth is that the overwhelm can be paralyzing for people who haven't developed the resilience and grit to thrive during adversity.

Set against the backdrop of her real-life story of the desperate times that led her and her children to build their own house using YouTube tutorials, Best-selling author Cara Brookins' presentation inspires and challenges audiences to go beyond their comfort zones, conquer self-doubt, and turn overwhelm into action.

Her stories, encouragement, and inspiration will give your audience the tools to always get back up (and keep moving forward) no matter the challenge or obstacles in their way. And today, more than ever before, you need a resilient team with the grit to perform under pressure and rise above the chaos no matter what happens in the world.

### Key Takeaways:

- ✓ Tools and inspiration that anyone can use to turn crippling overwhelm into action
- ✓ Unconventional strategies you need to resist quitting and follow through despite setbacks
- ✓ Become the type of person who pushes boundaries and barriers to do extraordinary things
- ✓ Proven strategies to develop the mindset needed to get unstuck and thrive in any situation
- ✓ Cultivate the inner strength to rise above the chaos no matter what happens in the world
- ✓ Gain an inspiring sense of what's possible when you adopt a mindset of grit and resilience

**TO BOOK: EMAIL [TEAM@CARABROOKINS.COM](mailto:TEAM@CARABROOKINS.COM) OR [CARABROOKINS.COM/BOOK-CARA](https://CARABROOKINS.COM/BOOK-CARA)**

# 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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# Building Teams: Lay the Foundation for Effective Teamwork

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## Teamwork Keynote Overview

As businesses enter an era of radical change, teams are distracted, isolated, and more disconnected than ever before. High turnover rates and low productivity are now the norm at even the top, leading organizations. But there is a path forward.

Drawing on her experience building her own house alongside a construction crew of her four young children, Best-selling author Cara Brookins' motivates audiences with her unconventional strategies for building camaraderie. Cara uses parallels from her construction site to lay out a blueprint to engage every single team member and instill a sense of belonging backed by a shared sense of purpose.

Whether you're a team leader or team member, this presentation equips you with the tools, mindset, and inspiration to not only weather the storm of change but to emerge stronger, more motivated, and better prepared to take on whatever the future holds as a cohesive team.

### Key Takeaways:

- ✓ Secrets to engage every member of your team to build a workforce with staying power
- ✓ Easy-to-implement framework to build camaraderie and ensure your team always has each other's backs
- ✓ Powerful techniques to create a team that is invested in your organization's success
- ✓ Proven methodology to unleash your team's potential, maximize productivity, and boost engagement
- ✓ Unconventional approach for building a cohesive and resilient team who thrives under pressure
- ✓ Create a sense of stability and trust within your team, even when external circumstances are uncertain

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# Building Leaders: Taking Charge In An Ever-Changing World

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## Leadership Keynote Overview

In today's rapidly changing global marketplace, leadership is no longer a position but an essential skillset for everyone who wants to rise above the chaos. The traditional paradigm of leadership no longer fits the changing workforce, creating dissatisfaction and a high turnover at every level. But there's a proven way to fill this void.

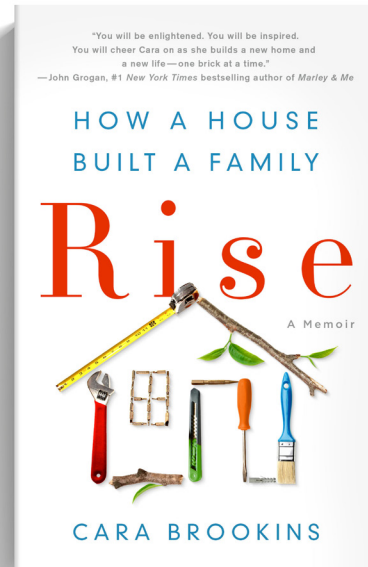
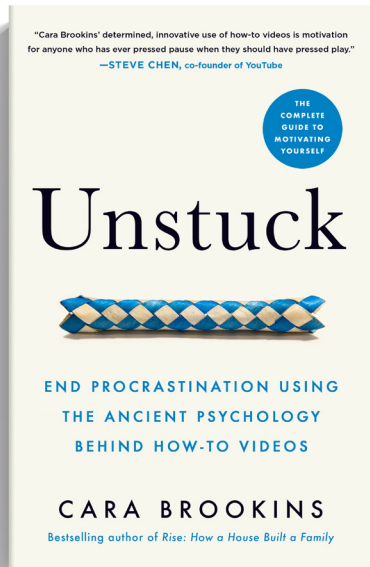
In this game-changing presentation, best-selling author Cara Brookins uses her story of building her own house with her four kids using YouTube videos as a new foundation for leadership. Cara takes audiences along on the construction site to prove that even the most unlikely, inexperienced person can step into a leadership role and do extraordinary things.

Her entertaining stories serve as real-life inspiration for individuals from every level of the organization to recognize their innate leadership potential and navigate turbulent times with confidence. By the end of this presentation your audience will understand the specific steps they need to motivate themselves and their teams.

### Key Takeaways:

- ✓ Proven strategies to inspire individuals to recognize their leadership potential & take initiative
- ✓ Inspiring approach to encourage leadership at all levels of an organization, not just formal roles
- ✓ Elevate team morale by equipping individuals with the tools to motivate and inspire one another
- ✓ Inspire emerging leaders to step forward ensuring a robust leadership pipeline at your organization
- ✓ Learn how to inspire team members to be more motivated and engaged in their world
- ✓ Techniques to help individuals build confidence in their ability to lead during uncertain times

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## Motivate Attendees with Signed Books

This is off-stage inspiration with even more deeply personal stories and research-backed advice to give attendees a tangible way to take home the life-changing strategies, encouragement, and motivation.

You can start to set up a bulk book order here or contact me at [team@carabrookins.com](mailto:team@carabrookins.com) as soon as possible before your event.

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