

# SEBASTIAN TERRY

## CATEGORIES:

- Inspirational
- Motivational
- Personal Development
- Business Performance
- Culture & Leadership
- Mental Health

## KEYNOTE TOPICS:

Told through the lens of his internationally acclaimed story, Sebastian has transferred his experiences and learnings into 3 equally powerful keynotes. Blending dynamic story-telling with proven processes & data-based research, Sebastian's keynotes engage, motivate and connect your employees, first to themselves and then to one another.

# KEYNOTE 1:

## Why Wait?

### Using goals as a vehicle for change

In a world of constant disruption and change, it's our goals that act as our personal vehicle for evolution. Integrating every aspect of our lives, Sebastian's keynote reframes not only our perspective on what it is to realize and attain personal and professional ambition, but how to turn goals into reality in just 4 steps. In a story that has gained global attention, Sebastian shares how personal development inspires collective evolution.

#### **Audience Takeaways:**

- Maximizing performance through values-based autonomous goal setting
- Why wait? Creating your catalyst moment NOW
- The 4 steps to creating your ultimate list
- Linking personal growth and professional development
- The science of goal-striving & pursuing passion
- Putting the ACTION into your action plan
- Accountability through group connection

## **KEYNOTE 2:**

### **Building an Unstoppable Mindset:**

#### **Mastering Mental Health**

The importance of mental wellness cannot be overstated; from personal ambition and achievement to professional engagement and performance, mental health is at the heart of everything we do. Combining his own story with from-the-field data, Sebastian's keynote delivers an 8-step process with actionable steps to address personal wellness, workplace performance and community connection.

#### **Audience Takeaways:**

- Self analysis as a gateway to self discovery
- Harnessing disruption & adversity as a fuel for growth
- Outgrowing your comfort zone
- Building resilience, optimism and wellness through autonomous goal setting
- The positive psychology of goal setting, goal striving and goal attainment
- Creating frameworks for long term success
- The 3 C's: connection, conversation & community

# **KEYNOTE 3:**

## **Building Culture the Right Way Up: Creating A Mutually Beneficial Workplace**

Company culture is key to organizational health. Combining values-driven vision, inclusive frameworks and actionable channels, Sebastian's keynote delves into the building blocks of a healthy culture, linking individual development to organizational vision.

### **Audience Takeaways:**

- Aligning values as the framework for growth
- Cultivating purpose-driven leadership
- Building a *we win, I win* culture
- Fostering inclusive environments to develop talent
- Creating responsive & agile frameworks
- Developing healthy ecosystems for communication & connection