

SEBASTIAN TERRY

TOP QUESTIONS ASKED BY CLIENTS:

Will my staff quit their jobs after listening to Seb?

No! In fact you're going to notice a more engaged and connected team.

Sebastian is a proponent of balance and integration when it comes to work and play. His keynote specifically highlights that goals emanate from a holistic understanding of every aspect of our lives. In this sense, personal goals, professional goals and community goals actually work together to create an optimized lifestyle in and out of the workplace.

How will our employees feel after the keynote AND what do they walk away with?

How will they feel? In one word; unstoppable!

What will they walk away with? In addition to a huge reframing of what's possible, high motivation and a desire to maximize their

lives, attendees will be armed with a toolkit to turn their personal and professional goals into a reality.

Individuals have noted feeling more optimistic, engaged, creative, and excited to take action on important aspects and goals in their lives.

Additionally, in speaking to the power of community and collective evolution, Sebastian's keynote will unite individuals and teams to collaborate and support one another.

What can we do to further strengthen and integrate Sebastian's messaging after the keynote?

After Sebastian's keynote, there's no better way to catalyze individual motivation than to offer them an opportunity and structure to create and activate their own lists.

Sebastian is happy to chat to you about best practices moving forward, whether he is involved or not.

If you'd like to utilize Sebastian's expertise further, he offers 2 options to complement his keynote:

- 1) 'Live Your List' Workshop (½ Day & Full Day options)-
Following a unique 8-step process, individuals and teams can be guided (in person or virtually) through a holistic workshop to create and activate their very own list of goals

to represent each aspect of their lives. Not only this but they will be encouraged to create and then execute on custom made action plans. The workshop is a great opportunity to leverage motivation (post-presentation) into real time progress for individuals and teams alike.

2) Live Your List Program- After years of research and development, Sebastian offers a comprehensive corporate wellness program that guides employees through his unique 8-Step program over a 21-day schedule which includes an online modulated program and accountability calls (with Sebastian). Furthermore, employers will be presented with valuable data that offers insight into the wellbeing of their staff as well as a roadmap for further support and development. More can be learnt at www.100things.com

Are Sebastian's Virtual Keynotes as good as his in-person events?

In a world where live events have become a rarity in the face of COVID, the advent of virtual or hybrid meetings has allowed Sebastian and his team to create a multidimensional digital offering that brings all of the learnings and energy to the big screen (or laptop screen!), plus more.

In short; Sebastian's virtual keynotes are just as effective as his live events!

Using his production studio, green screen and state of the art audio and video equipment, Sebastian leverages streaming technology to create an unforgettable interactive experience.

In terms of outcomes, your audience will walk away with just as much motivation and perspective to kick down doors and create their best lives.

Are there any add-ons or extras that we can utilize on the day of the event?

Yes.

Book signings: Sebastian's best-selling book (*100 Things*) can make a fantastic take-away gift for your employees. Upon request, we can arrange a book signing for all delegates or simply send you pre-signed copies before the event.

Dream Wall: As a way to create an interactive activation on your event day, Sebastian and his team can create a stunning Canvas for delegates to share their goals on. With many options in terms of style and process, the dream wall presents a beautiful insight into the hopes and dreams of your employees as they share. It also doubles as a fantastic community art piece to hang on the office wall after the event.

Is Sebastian's keynote customizable?

Over his 10 year speaking career, Sebastian has experienced every type of event and schedule. From delivering a 7 minute keynote to facilitating day-long sessions, Sebastian's skillset as a facilitator and speaker allows any brief to be met.

Just quietly, Sebastian is incredibly easy to work with and genuinely enjoys the creative process of customizing his keynotes and workshops to suit your brief.

What industries has Sebastian spoken to in the past?

The themes of goal setting & striving as well as individual and organizational health & wellness is ubiquitous across most industries.

This can be seen by the variety of industries that he's spoken to. These include:

- Finance & Insurance
- Real Estate & Construction
- Health and Wellness
- Technology
- Healthcare & Pharmaceutical
- Government
- Education

- Agriculture
- Hospitality
- Entertainment
- Transportation
- Retail

What categories does Sebastian's keynote fit?

- Inspiration & Motivation
- Goal Setting & Striving
- Leadership & Culture
- Performance Improvement
- Health, Happiness & Wellness
- Overcoming Adversity