

*This isn't your standard Olympic Athlete Keynote. Connor's story doesn't end with a shiny gold medal. It ends with a forced retirement and a gigantic question of "now what?" As the only Olympic athlete in the history of the Olympic Games who has won the Olympics, and nearly died while competing at the Olympics Connor has experienced the full spectrum of challenges and has continued answering the question "now what" every time.*

## **Now what?: Handling challenges life throws at you and moving with resilience each time.**

In his keynote, "Now What?" Connor Fields answers the question we all face at different moments throughout our lives. We all face challenges that can cause self-doubt in life and work, we all reach pivotal moments, we all get stuck, and Connor equips you with the tools to answer that question and move forward each time. This incredible keynote presentation delves into the crucial powers of resilience, adaptability, overcoming failures, unwavering determination, and perspective, empowering you to face challenges head-on. With compelling personal stories and hard-earned insights, Connor empowers attendees to be ready to answer the question "Now What?" every time.

### **KEY LEARNING OBJECTIVES:**

**Clear Goal Setting Strategies:** Once you know what you want to achieve, how do you get there? Connor outlines step-by-step processes to increase the likelihood of reaching your goals.

**Lean Into Resilience:** After a failure, what do you do to get better? Connor shares what he learned from failing at the highest level: how to correct mistakes and get them right the next time around.

**Sustain Success:** Now that you have won, how do you stay at the top? Be ready to sustain success with insights from someone who stayed in the top 5 World Rankings for over a decade.

**Keep Failure in Perspective:** No one wants to fail, but if you are here, you have a chance to fix it. Nearly losing your life and having the world's attention to see if you would survive changes the way you look at failure. Be able to keep failure in perspective and stay optimistic about the future.