

Gary Bradt

Leadership and Change Expert

THE SCIENCE & HEART OF FINDING OPPORTUNITY IN DISRUPTIVE TIMES

The global pandemic created a period of change that was by all accounts disruptive, unrelenting, and at times completely debilitating. Leaders, teams and individual contributors alike navigated uncharted waters and the one integral, unifying thread is our humanity. We are in a place where we need to look at how this change affected us as individuals first, and then translate that change into our respective roles. While we cannot always choose what change will come in our path, with the right mindset and strategies, we can choose how to move forward. This is Dr. Gary Bradt's goal, as he shares the Five Fundamental Choices that change presents us with, and that how you choose to go forward will make a bigger impact on your life than the change itself.

Dr. Bradt's insights are informed by neuroscience and psychology, as well as his three decades of experience as a C-suite executive coach that provide relatable, real-world narratives, and relevant actionable strategies to give you a new path forward.

Key Takeaways:

- ADOPT an opportunity mindset and start moving fast toward positive goals and outcomes
- LET GO of what is holding you back and recognize what is possible
- NURTURE relationships and build a foundation of strength, trust, and mutual support
- PRACTICE courageous optimism and share ideas openly to find new solutions
- GROW where you're planted and move forward with positive determination and confidence.

THE SCIENCE & HEART OF HAPPINESS

How can you harness positivity and happiness to create more success within yourself and others? It's a balance between science and heart. As we've navigated the disruption of a global pandemic, social unrest, and political and economic uncertainty, it is easy to feel that these circumstances are hijacking your potential for happiness. But, there are ways you can train yourself to create more joy in your life.

Psychologist, C-Suite Executive Consultant, and respected Author on Change Dr. Gary Bradt shares real stories and research-based strategies for how you can take control and create more well-being and contentment even in these trying times. He'll debunk popular myths of what you think will make you happy and replace those concepts with data-driven strategies to achieve more consistent and sustainable happiness and a sense of well-being.

Key Takeaways:

- Understand the science of happiness. Learn why our brains are hardwired to see what is wrong with any situation, and how you can also learn new techniques to help your brain see the positive.
- Learn techniques for connecting in more meaningful ways to your colleagues and those closest to you to build more trust and collaboration, especially during times of challenge.
- Discover simple daily practices to bring more joy, optimism and positive energy to your life, and to be a beacon for the same for those you touch.
- Highlight the positives in life and be more resilient when change and challenge disrupt your day.

VIRTUAL PROGRAMS

Gary's experiences as a clinical psychologist and leadership consultant and strategist to Fortune 500s have given him a foundation to be an incredibly effective virtual presenter who is authentic, down-to-earth, connected, empathetic, and insightful, offering his viewers actionable steps to move forward with impact.

Gary has also invested in creating a home studio that offers professional level video, audio and lighting so that every client experience is engaging.

You can view Virtual Program Details [HERE](#).

All of Gary Bradt's programs can be tailored to the following Live or Virtual Audiences:

- All levels of leadership
- Sales teams
- Industry consolidation
- Organizational change
- Tech-driven change
- Regulatory or Market-driven change
- Increasing personal performance
- Empowering teams

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