

Sebastian Terry

Inspirational Keynote Speaker, Best Selling Author, TV Host, & Founder of the 100things Movement

Unlocking Passion, Performance and Transformation. From disengaged and stagnant, to purpose-driven and fully-activated, Seb's Performance and Transformation keynote will unlock peak performance, deep connection and purpose-driven collaboration in your individuals and teams.

Sharing his inspiring personal story as well as his framework to help Unlock Limitless Possibility, Seb's profound and interactive keynote will create an environment for success and transformation through arming people with not only the agility to adapt to change, but the bravery to create, through re-imagining what's possible.

Takeaways:

- Passion as a driving force for personal & professional performance
- Linking individual values to company purpose
- Creating environments for change, growth and evolution
- Strong alone. Better together: collaboration and community
- Holistic goal setting to unlock transformation
- The Ripple Effect: Serving others

Mental Health: Building an Unstoppable Mindset. What if we truly believed that anything was possible? Mental health is pivotal to all human development, informing our performance, our mindset and our ability to connect with others. With rates of anxiety, depression and even suicide rising in 2024, Seb's Mental Health: Building an Unstoppable Mindset keynote unpacks mental health through vulnerable story-telling and a dynamic framework to facilitate holistic life balance, peak performance and the ability to work in harmony in and out of the workplace.

Takeaways:

- Self awareness as a foundation for growth
- Emotional regulation through adversity and change
- The 5 pillars to holistic mental health
- Linking passion to purpose
- Cultivating community & conversation
- Building resilience, optimism and agility

Inspiring Purpose-Driven Leadership. Give people tools and they will survive. Show them possibility and they will thrive. Leadership is not a trophy that sits on a shelf, it's a model that unlocks the best in others. In his Leadership of Teams Starts with Leadership of Self keynote, Seb Terry shares insight into the journey of authentic leadership, scaling agency and inspiring the best in those around us.

Complimented with frameworks that promote opportunity, inclusion and connection, this keynote will create productive environments for quicker decisions, collaborative advantage and unified work efforts.

Takeaways:

- Self awareness and acceptance
- Leading others through example
- Accountability as a leadership tool
- Cultivating purpose-driven leadership in others
- Scaling leadership in 3-Steps
- The cycle of developing leadership in others

Cultivating Company Culture & Connection. In this time of Hybrid workforces, disconnected employees and industry disruption, the importance of healthy company culture has never been more pivotal to performance and longevity. More specifically, the ability of leaders to create a culture that instills a sense of agency, belonging and connection is now paramount to cultivating collaboration and growth. Through his inspirational Passion Effect message, Seb Terry explores the most effective way to cultivate thriving workplace culture through his 3-step framework that creates a ripple effect that ignites trust, deepens connection and promotes a winning culture.

Takeaways:

- Setting the container for connection
- Leveraging values as the framework for action
- Creating purpose in the workplace: linking passion to vision
- Building a we-win, I-win culture
- Cultivating inclusive company culture through goal setting
- Group accountability to deepen trust & drive results

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