

## Dr. Ivan Joseph

Award-Winning Performance Coach, Leadership and Cultural Transformation Expert

### **SUCCESS, SELF-CONFIDENCE, AND PERFORMANCE**

Success begins and ends with self-confidence. Your belief in yourself is the foundation for thriving, achieving your dreams, and unlocking your potential. With self-confidence, you live the happy, inspired, connected life you deeply desire.

As an award-winning coach and PhD sports psychologist, Dr. Ivan Joseph has focused on understanding the skill of self-confidence. He has developed, applied, and refined dozens of techniques that lead to high performance and excellence.

In this energizing and motivational talk, you'll learn the secrets Joseph used to help individuals and teams reach goals they never thought possible. Humour, visualization, and immersive activities keep everyone engaged and create a memorable experience.

#### **You'll learn practical techniques to:**

- Develop and sustain self-confidence, especially in times of adversity.
- Promote self-confidence in your team and others.
- Use the power of positive self-talk and setting higher expectations.

Audiences will leave with a renewed sense of self-confidence and belief in themselves, inspired to overcome challenges and ready to accelerate their performance!

### **BUILD A HIGH-PERFORMANCE TEAM**

When teams thrive, they elevate everyone to a level they didn't know was possible. When teams struggle, they create dynamics and challenges that limit performance.

What does it take for a team to excel? How do you create a culture of excellence? How do you build a high-performing team?

NAIA National Coach of the Year Dr. Ivan Joseph cracked the code. He led a tiny college in Iowa to win a national soccer championship. He led a marginal university athletic program to national prominence. And that's why he's invited to speak on stages around the world.

Sharing funny and moving stories, and research-based insights, Joseph inspires leaders and teams to achieve even their toughest goals.

#### **In this fast-paced, interactive session, leaders gain insights and techniques to:**

- Articulate common values and a shared sense of purpose.
- Create team cohesion, the foundation of elite team performance.
- Set higher expectations to achieve new levels of performance.

Self-confidence, cohesion and expectations drive team performance. Joseph's approach works — leaders and teams see immediate impact. It's time to amplify your team's performance!

### **FUELING SUCCESS THROUGH INCLUSIVITY AND DIVERSITY**

A culture of inclusivity is a culture of high performance. Likely, you're prioritizing diversity and inclusion, and you've experienced some setbacks — and need some fresh ideas and inspiration!

Dr. Ivan Joseph shares practical and proven strategies to build an inclusive culture. An authority on retention of under-represented populations in predominantly white organizations, Joseph also speaks movingly from his own experience. He has overcome challenges, broken barriers, and led a transformation toward inclusivity in every

organization he's worked for.

Born in Guyana, Joseph moved to Canada at age five. He knows what it's like to look different and sound different, to be a Black student on a white campus, to be a leader from an under-represented group. He has experienced the challenges and opportunities of being a designated hire. And he understands from the inside the complexities of creating an inclusive organizational culture.

In this perspective-shifting talk, Joseph shares insights and experiences from his own remarkable story. Audiences will learn:

- Powerful strategies to drive high performance through inclusivity and diversity.
- Tactics for successfully navigating the nuances of organizational decisions related to diversity and inclusion.
- Techniques to foster successful cross-cultural communication.

Your leaders will be ready and eager to create a culture where inclusion and high performance go hand in hand.

### **FINDING YOUR NORTH STAR: TEAM INNOVATION & ENGAGEMENT**

Innovation is not just for Tech Stars. Everyone on your team can improve, adding insight & energy as your organization optimizes operational effectiveness and expands into new competitive markets.

Ivan brings your team the latest research on generating growth and engagement in your team and concrete methods to make real improvements right away. Dr. Joseph understands the stress and resistance humans naturally experience during times of uncertainty and will teach you specific strategies to move past fear to achieve more.

Audiences are inspired and hopeful after listening to Ivan's entertaining stories from his life's work of bringing people together, bringing out the best in them and overcoming overwhelming odds to achieve unprecedented levels of success.

#### **Takeaways:**

- Proven strategies for increasing engagement: Dr. Joseph has led diverse teams to the highest levels of success. He will share his secrets for fostering a sense of belonging and pride in your team.
- Raising expectations to see your team soar: High performers thrive when they have enticing and ambitious goals. Ivan will demonstrate the importance and effectiveness of incrementally calling for more.
- Techniques for managing stress confidently: Humans respond emotionally and physiologically to calls for change. The audience will walk away with tools to manage and master their anxiety at work so they can restore and thrive.