LAI Leading Authorities, Inc.

Sebastian Terry

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

Strong Alone, Better Together: Unlocking the Power of Human Connection. The greatest things we will ever achieve in our lives aren't only fueled by the strengths of our actions, but by the depth of our connection to those beside us. The organizations that go the farthest, the fastest, and the most sustainably are those that understand a simple truth: while we are strong as individuals, we are unstoppable together and they know how to unlock it. Through his remarkable journey, one that has led him to work with some of the world's biggest brands Human Connection Keynote speaker Seb shares a game-changing approach to teamwork, culture, and deep connection. Sharing his Me, You, Us framework, Seb reveals how to harness the power of human connection: when to come together, how to do it effectively, and who to do it with. Blending masterful storytelling, cutting-edge research, and actionable strategies, this human connection keynote transforms the way we think about collaboration helping leaders and teams unlock their full potential and achieve more than they ever thought possible. #PassionInspiresPassion Attendees will leave with: A fresh, eye-opening perspective on human potential and collaboration Practical tools to break down silos and build stronger workplace relationships Proven strategies to transform individual growth into collective success Immediate actions to create a culture of engagement, trust, and high performance This isn't just another talk, it's a transformational experience that will leave teams inspired, deeply connected, and ready to elevate their collective impact.

Elevated Leadership: The Future of High-Performing Teams. The best workplaces and highest-performing teams understand a simple truth: when connection, purpose, and acknowledgment are embedded into daily actions, leader- ship isn't aspirational, it's second nature. Leadership keynote speaker, Seb Terry, unpacks the frameworks needed to empower teams to connect and perform at the highest level by creating environments that foster inspiration, agency, and action. When we do this, we accelerate decision-making, unlock collaborative advantage, and unify our efforts toward bringing our individual and shared visions to life. This leadership keynote redefines leadership not as authority, but as an opportunity to create a culture where people are seen, heard, valued, and empowered. Attendees will leave with: Foster a culture where people feel acknowledged and engaged Leverage connection to drive innovation and quicker decision-making Build a workplace where every team member feels valued and motivated The future of leadership isn't just about results—it's about the people who create them. Let's elevate the way we lead together.

Unlocking Mental Health: An Unstoppable Mindset. Mental health isn't just personal it's the foundation of performance, decision-making, and human connection. Yet, most people and teams struggle to improve their well-being without feeling like they're sacrificing productivity and performance. In his Unlocking Mental Health: An Unstoppable Mindset, Mental Health Keynote

speaker Seb Terry reveals the critical link between mental resilience, personal balance and workplace success. Through powerful storytelling, science-backed insights, and a transformative framework. This keynote equips attendees with the tools to: Develop a growth mindset to navigate stress and uncertainty Cultivate resilience and motivation for sustained high performance Shift perspective to foster fulfillment and stronger workplace relationships This Mental health keynote isn't just about awareness, it's about equipping teams with practical strategies to enhance well-being, engagement, and success.

Unlocking Limitless Possibility: One Bold Dream at a Time. What if a keynote could turn bold dreams into reality live on stage? More than just a talk, this is an experience. Through masterful storytelling, high-impact messaging, and audience interaction, this experiential keynote uses real-time participation to prove that action makes anything possible. Guided by his powerful Me, You, Us philosophy, this immersive session brings audience members' biggest goals to life in ways that ignite any conference. Whether it's helping someone conquer their fear of public speaking, launching a business idea with AI, or sending someone skydiving on the spot, Seb works closely with event organizers in advance to craft surprise, high-impact moments that spark inspiration, connection, and action. Beyond creating unforgettable energy and goodwill, this keynote fuels innovation, engagement, and breakthrough performance making it the perfect opening session or the ultimate high-note closing for a content-heavy event. Attendees will learn how to: Experience the Power of Action in Real Time Watch as bold dreams become reality on stage, proving that taking action is the key to unlocking limitless possibilities. Ignite Connection, Collaboration, and Courage Walk away with a renewed sense of inspiration and the tools to turn individual aspirations into collective momentum. Transform Mindset into Motion Gain actionable strategies to break through self-imposed limits, embrace bold decision-making, and fuel innovation in your personal and professional life.