

HUMAN ELEVATION 2023 KEYNOTE TOPICS

LEADERSHIP & MANAGEMENT

Mastering Self-Leadership Building a Foundation for Success.

Developing the skills and mindset for effective leadership and personal growth.

Key Takeaways:

- Leadership: Unlock your full potential with self-leadership.
- Values: Discover your core values for self-leadership.
- Vision: Drive personal and professional achievement with a compelling vision.
- Confidence: Build self-confidence to unlock your full potential.
- Goals: Create goals, drive self-leadership and personal fulfilment.
- Habits: Elevate your leadership game with positive habits.

(Topics: Self Leadership, Values, Vision, Confidence, Goals, Habits)

The Power of Self Leadership Playing a Bigger Game.

Unlock your potential, overcome obstacles, and achieve your biggest goals.

Key Takeaways:

- Vision: Align your personal and professional vision with your values.
- Culture: Create a culture of kindness, growth, and impact.
- Leadership: Unlock your leadership potential through self-awareness.
- Brand: Build a powerful personal brand that inspires others to follow.
- Celebration: Use celebration as a tool for motivation and engagement.

(Topics: Self Leadership, Vision, Culture, Brand, Celebration)

HEALTH & WELLBEING

From Exhaustion to Empowerment – Overcoming Burnout.

Strategies for reclaiming your energy, prioritising self-care and finding fulfilment.

Key Takeaways:

- Burnout: Understand the signs, symptoms and tips to prevent burnout
- Self-Care: Tips for incorporating self-care into your daily routine.
- Habits: Reset habits that support new goals and wellbeing.
- Values: Define personal values for decision-making and fulfilment.
- Vision: Create a clear plan for long term health and longevity

(Topics: Burnout, Self Care, Habits, Values, Vision)

Elevating your Performance: The Self Care Solution.

Maximizing productivity, achieving goals, enhancing well-being through self-care.

Key Takeaways:

- Health: Prioritise Mental, Physical, Emotional and Spiritual health for peak performance.
- Values: Improve wellbeing and productivity with aligned personal values.
- Mindset: Develop a growth mindset and self-talk to achieve your goals.
- Confidence: Build confidence through self-care practices and techniques.
- Burnout: Maintain work-life balance through boundary-setting and self-care.
- Happiness: Strategies for gratitude, joy, fulfilment and celebration in life.

(Topics: Health, Values, Mindset, Confidence, Burnout, Happiness)

HIGH PERFORMANCE LIVING & PERSONAL DEVELOPMENT

Build your Personal Masterplan for High Performance Living – Unlocking your Full Potential

Design a customised roadmap to success, fulfilment, and personal growth.

Key Takeaways:

- Leadership: Take charge of your life and lead yourself towards high performance living.
- Values: Identify core values to guide your decisions and actions.
- Vision: Create a clear and inspiring vision for your future to stay motivated and focused.
- Goals: Set powerful goals and develop an action plan to achieve them.
- Habits: Cultivate positive habits that support your goals and enhance your wellbeing.
- Planning: Develop a personal masterplan that defines the foundations of high performance living.

(Topics: Leadership, Values, Vision, Goals, Habits, Planning)

The Pathway to High Performance and Personal Growth

Developing the habits, mindset, and strategies for success in life and leadership.

Key Takeaways:

- Leadership: Define your unique leadership style for success
- Confidence: Overcome self-doubt and take bold steps to build confidence
- Mindset: Cultivate a growth mindset that can transform your life
- Goals: Achieve your high potential through effective goal setting
- Habits: Build habits that support high performance and personal growth
- Celebration: How to use celebration as a tool for motivation and engagement

(Topics: Leadership, Confidence, Mindset, Goals, Habits, Celebration)

CHOOSE FROM ABOVE OR TAILOR FROM THE TOPICS BELOW:

LIFE SELF AWARENESS



- Strengths
- Values
- Future vision
- Health
- Mindset
- Confidence

LEADERSHIP SELF LEADERSHIP



- Leadership
- Brand
- Culture
- Behaviour
- Goals
- Habits

LONGEVITY SELF MANAGEMENT



- Burnout
- Planning
- Happiness
- Fulfilment
- Self Care
- Celebration