

# INSPIRE AUDIENCES TO MOVE FORWARD & FEEL GOOD





# Who Needs this Message?

Mostly everyone, it is a simple mindset shift that is transformational.

If you have an audience you sense is worn out we need to jolt them with humour, hope and inspiration. Instead of making problems their priority, we will use steady inspiration, good feelings and laughter to turn this momentum around. Audiences will be relieved to discover how feeling good moves them forward while struggling with problems and conflict always holds us back.

## About Keynote Speaker, Jody Urquhart

**T**oday everyone wants your attention but the majority of messages focus on conflict and problems. Jody's messaging always compels audiences to move forward and feel good.

A top motivational speaker for over 25 years, Jody is a former stand up comedian. She speaks at over 100 events a year. She never uses PowerPoint instead she relies on laughter, pure positive inspiration and audience interaction to move an audience forward.

**KEYNOTE SPEECHES:** All speeches are catered to your audience. Please contact us if you want direction on what keynote speech is best for your audience. We like to suggest you choose a title that will draw a bigger crowd or best align with your theme.

**Below are some of our most popular topics:**



# HUSTLE HANGOVER

Make Passion Your Priority & Leave Struggle Behind

Do workloads hang over your head from one day to the next? Is hustling around chasing after problems your daily priority? Does your day leave you feeling worn out? If so, you may have a hustle hangover.

Hustling after problems may be driving your results instead of purpose and inspiration. Hard work may be crowding out joy but you need feelings of happiness and success to fuel progress. This uplifting keynote will inspire you to leave the stress and struggle behind in favour of passion and purpose. You can get more done with less stress.

It all comes down to this: **Joy is not a goal, it's a feeling.** It's not something you have to work for, it's something you have. Learn to rely on this innate passion to build positive momentum early on in your day to propel you forward. This keynote speech will inspire you to unleash wild positive emotion on your day and the vitality will move you forward.

This hilarious and inspiring keynote is based on Jody's new book, **Hustle Hangover**.

## Objectives:

Rediscover Passion and Joy as a Catalyst for Results & Innovation

Find Opportunity and Potential in Uncertainty

Build Positive Momentum

Use Joy to Disrupt Stress

Focus Forward on Solutions instead of making Problems a Priority

Do More with Less and Love it







## This Would Be Funny... If It Wasn't Happening To Me! How To Navigate the Future With Enthusiasm & Vigor

Sometimes life just gets in the way. Do you ever think, "Why can't things just go the way I want for a change?" or "Why can't people just leave me alone?" This hilarious and provocative presentation shows you how to buoyantly face stress and navigate the future. Embrace challenging situations and people with new ideas, innovation and conviction.

Increase your comfort and confidence in the face of stress and change. Through stand up comedy, audience interaction and analogy, we will unfold ideas that navigating the future has replaced change management. The future is the present and evolution is not optional.

- Derive strength from change
- Embrace work with a sense of urgency, conviction and vitality
- Get your team on board with change
- Move forward and feel good despite uncertainty

# I Love My Job, It's The People I Can't Stand!

Join us in this hilariously interactive, practical and inspiring motivational speech that shows you how to develop healthy communication patterns with anyone. Learn to appreciate even the most difficult people!

You can build a more productive, enjoyable and efficient workplace for everyone.

Learn the 4 basic personality styles, what they need and what they mean.

Understand how to adjust your message to different people and personalities to appeal to their convictions

## Follow Me I'm Right Behind You! How to Lead & Influence Others

The key to successful leadership today is influence, not authority. With today's rapidly evolving workplace, strong leaders must influence and engage others.

Through humour, insight and inspiration Follow Me I'm Right Behind You provides a lively, interactive look at how to inspire a spirited and resilient workforce that stays inspired focused and productive.

In this gut splitting hilarious motivational speech learn:

- How great leaders inspire and influence others
- To create a culture of respect and appreciation with 4 keys to a great recognition culture
- To increase Purpose and Vision
- To create a sense of involvement and belonging





# The Joy Of The Job... Take This Job & Love it!

OK, you're really busy. While you are dutifully doing your job, do you ever get a sense that you are disconnected from the purpose of your work? Do you sometimes find that your work lacks fun and enjoyment?

By adopting a humorous and fun approach to the challenges of keeping the daily grind engaging, motivational speech, the Joy of the Job inspires professionals to be focused and productive by nourishing the meaning, fun, and joy of their work.

## After experiencing the Joy of the Job, participants will:

- Know how to bring more JOY to their job
- Strengthen their commitment to the job
- Find their get up and go
- Recognize and appreciate others

## The Nerve to Serve, Say Hello to Humor & Goodbye to Burnout!

Humour helps. The ability to laugh at life helps us deal with daily disappointments and setbacks. Humour gives professionals the nerve to serve in our increasingly complex and challenging environment. Join us as we demonstrate how humour helps you stay in control, stay positive, and maintain balance and perspective.

## Participants learn how to:

- Laugh at the tough stuff. When stress persists, be compelled to take yourself lightly, so the stress isn't as heavy or emotionally exhausting.
- Say hello to humour and goodbye to burnout
- Play along the way and enjoy work while boosting productivity and focus
- Be compelled to use humour, laughter, and play to breathe new passion and resilience into work
- Engage a playful resilience to protect against stress

