



The Era of You It's Your Time to Choose

How your choices direct your life and what you can do about it.

Program Delivery: Live Presentation | Virtual Keynote | Live Streaming | Webinar

This program is perfect for:

- Employee motivation and productivity optimization.
- Executives and leadership teams who want to improve personal and organizational productivity.

The audience will leave with:

- **Quantitative Research** on how the brain responds to overwhelm and under stimulation.
- **Practical Tools** to solidify goals and priorities, stay motivated, and make intentional choices to support professional and personal growth.
- **Greater Understanding** of personal needs and how to make choices not based on guilt or outside pressures.
- **Personal Action Plan** to align actions, goals, and priorities.

Every attendee will receive an Era of You workbook filled with exercises to set goals and priorities and tools to decide how to spend their time consciously.

Is zoned out the new normal? In a time when we carry distraction devices in our pockets, we have grown less focused on the present and more likely to make unintentional choices day-to-day. At the same time, we're protecting ourselves from the overwhelming amount of information and life complications we face by numbing ourselves out to the moment. Our best selves can't take charge of our life journey while we are distracted and numb. Life is happening to us.

Join performance optimization and workplace satisfaction strategist Elle O'Flaherty in this thought-provoking keynote that will make you challenge your everyday choices. Explore what neuroscience and behavioral science tell us about how humans respond to overwhelming and under stimulating situations. Uncover your goals and priorities and learn strategies to motivate yourself to make choices that move you towards those goals. Learn to appreciate your needs and make decisions without guilt or external pressure. You will walk away with an action plan for moving from zoned out to shaping your life.

This high-energy keynote leaves attendees motivated, optimistic, and ready to start their personal plans of action.