



Jason Kiesau's

SPEAKER SHEET

Purpose, Emotional Intelligence, Leadership

Purpose and Success with Less Stress

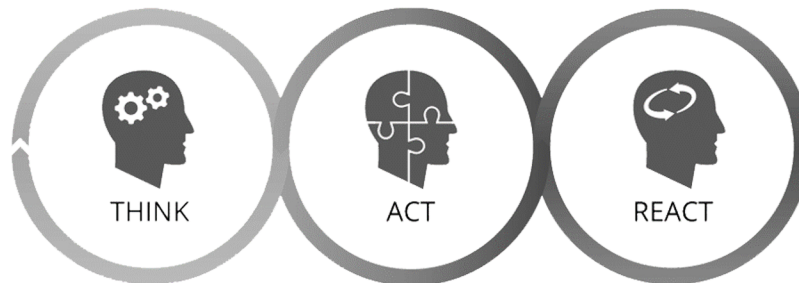
Purpose is the preoccupation with things that are important and meaningful. When we feel purpose, we are more engaged, focused and resilient. When we lack purpose it's easier to get distracted and find meaning in things that provoke emotion, but don't serve our greater good.

During this session I help learners consider their purpose and how doing so will lead to more success with less stress.

Let's Disrupt Your 90%

90% of our thought and behavior patterns are automatic. We do them with little to no active thinking. We developed these patterns when we were little because they helped us meet our security needs and to feel safe and comfortable. As adults we deploy the same patterns because they are reliable, but may not align or contribute to maintaining healthy relationships, achieving success and maximizing our potential. Change requires greater self-awareness and an openness to disrupt our 90%.

During this session I help learners explore their dominant thought and behavior patterns, assess what works and what doesn't and create an action plan to disrupt their 90%.



Fueling Employees for Top Performance with Versatility

One size fits all leadership and management does not work. Why? Because your employees have different needs, interaction preferences and stress triggers than one another. Fueling your employees with the wrong "stuff" will lead to poor performance and breakdowns. However, fueling employees with the right "stuff" will lead to more engagement with better and more consistent results. Today's leaders and managers must have Versatility, meaning they are open to learning about their employees' needs while making an effort to adapt how they lead and manage to meet their people where they are.

During this session I help learners better understand their employees' needs and what they can do to be a more Versatile leader and manager.

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