

IT STARTS WITH YOU!

OWN YOUR PRESENCE. EARN THEIR TRUST.

Keynote

KEYNOTE DESCRIPTION

Everyone says you can't pour from an empty cup. That's just not true. Leaders do it every day. So do parents. So do the people on your team. They keep pouring. They're just running on empty, and nobody in their life gets the best of them. And people notice.

Trust and credibility are won or lost in the glimpses, the split-second reads people make about who you are and whether you're worth following. When you're running on empty, your glimpses say it for you.

In this keynote, Justin slows the room down long enough to answer four questions most people never stop to ask:

- Who am I at my best?
- What actually recharges me?
- How does my ego turn my strength into a liability?
- What is my body language telling people before I say a word?

Drawing on his study of body language with a retired FBI agent and years of executive coaching, Justin helps the audience rethink the presence they bring into every room.

Teams don't show up better for each other until people show up better for themselves.

It starts with you.

PROGRAM OBJECTIVES

- ✓ The three factors your leadership credibility is actually built on
- ✓ The two reasons people get hired, and the number one reason they get fired
- ✓ Who you are at your best, and what it costs the people around you when you drift from it
- ✓ How your ego turns your greatest strength into your biggest liability
- ✓ What confidence looks like and what empathy looks like, and how to flex between them



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PROGRAM BEST USED WHEN

- ✓ You're kicking off a conference and want every person, at every level, owning how they show up from the first session on
- ✓ You're developing your future leaders and need a foundation, because nobody leads others well until they can lead themselves first
- ✓ Your executive team has been so focused on results and change that they need to slow down and see what their glimpses are saying
- ✓ You've promoted strong performers into leadership who have never had to think about what their credibility is built on
- ✓ You keep investing in leadership development and aren't seeing the behavior change back on the job

WHAT CLIENTS ARE SAYING

"Justin's keynote kicked off our conference and set the tone for an AMAZING week! Our attendees left appreciating the power of their presence and reflecting on how they show up, how they build trust, and how much starts with self-awareness and the willingness to be vulnerable."

SHEILA ARQUETTE, *President & CEO National Association of Specialty Pharmacy*

FOR YOUR PROGRAM GUIDE

USE THIS VERSION FOR YOUR PROGRAM GUIDE, AGENDA, OR EVENT APP.

Everyone says you can't pour from an empty cup. That's just not true. You do it every day. You keep pouring, running on empty, and nobody in your life gets the best of you. And people notice.

Trust and credibility are won or lost in the glimpses, the split-second reads people make about who you are and whether you're worth following.

Justin Patton slows the room down long enough to ask the questions most people skip. Who am I at my best? What actually recharges me? What is my body language saying before I say a word?

You'll laugh. And you'll never look at yourself the same way again.

It starts with you.



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