



BEN NEMTIN

VIRTUAL KEYNOTES

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"Ben's virtual keynote had a very real impact! Ben spoke to our remote team about how to build a culture of service and unlock hidden potential. Team members are aligned with new goals at work, in their communities, and for themselves. He unified us around the impact of dreaming big and making a plan. Since Ben's keynote, a number of our team members have accomplished their goals and are helping each other through acts of service. Ben's remote keynote had all the impact of a big stage keynote and it's still having an effect today."

- Darcy Boles, Head of Employee Experience, Taxjar

Platform: Zoom, Geniecast, GoToMeeting or Google Hangout

Length: 30-60+ Minutes

A photograph of Ben Nemin, a man with dark hair, wearing a dark suit jacket over a black shirt. He is smiling and gesturing with his hands: his left hand is open, palm up, and his right hand is pointing upwards with the index finger. The background is dark blue.

RESILIENCE IN THE FACE OF UNCERTAINTY

The world is changing faster than we ever imagined, leaders and teams have to dig deep within themselves to break through and find opportunity in uncertain times. Before becoming a #1 NYT best selling author, playing basketball at the White House, having beers with Prince Harry, or living out his other dreams, Ben suffered from crippling depression.

After committing to a series of positive life changes, Ben had a shift in perspective that changed his outlook on life and opened himself up to endless possibility. From there he committed to following his buried dreams and helping others through acts of service. The rest is history and Ben's life changing message has opened up audiences around the world to cultures of service, gratitude and endless potential.

Takeaways

- + How all aspects of your life impact your performance at work
- + Ben's 'Mental Health Toolkit' offers 12 easy to implement practices that increase wellbeing during times of stress, anxiety and burnout.
- + Proof that small acts of service can create and incredible impacts in your organization and community (The Ripple Effect)



COMMUNITY OF SERVICE

"It is the power of giving, compassion and hope that will get us through hard times." Ben has experienced this first hand. He has helped hundreds of people accomplish their dreams over the past 15 years and this feeling of connectedness and purpose has fueled him through feelings of uncertainty.

Ben shares touching stories of helping others to not only inspire but also offer insight that can improve our daily life and our work environment. A culture of service can unlock potential and align team members in the workplace and in their communities. And contrary to popular belief, helping others doesn't always have to be a selfless act. Giving can actually help us in more ways than we think.

Takeaways

- + 5 reasons why helping others actually helps yourself
- + Acts of service that you can act on today
- + Proof that kindness is contagious



Ben has driven countless people to achieve their dreams, as both a helping hand and as an inspiration. These experiences have taught him that articulating and prioritizing your personal goals is not a selfish act—but one that creates a positive ripple effect that inspires others to live their best life. Ben weaves the remarkable story of how The Buried Life grew from 100 impossible dreams into a global movement and connects his lessons to the fabric of our daily lives.

Ben's message of radical possibility combined with his '5 Steps to Make the Impossible Possible' leaves audiences not only inspired but also equipped with tools to tackle the seemingly insurmountable. Ben's system of achieving impossible goals demystifies daunting tasks by turning 'pipe dreams' into 'projects' and creates inspiration through action and accountability. Ben reminds us of the lasting power of service and that it's never too late to leave your impact on the world.

Takeaways

- + How to accomplish seemingly impossible goals (5 Steps to Make the Impossible Possible)
- + Identify the #1 thing that holds you back from accomplishing your goals
- + How to unbury your dreams and keep them unburied



NEW LEADERSHIP: WHY YOU MATTER

Throughout life, you have been setting goals for your career, college, relationships and finances. When was the last time you did something just for you? Psychologists say that focusing on personal goals helps promote positive mental health by giving you a vehicle for self care while keeping you energized and avoiding burnout. Simply put: you can't take care of other people if you don't take care of yourself.

Prioritizing your personal goals isn't just for your benefit, however, it's for benefit of your organization. Companies with a people-first culture see measurable improvements in productivity, lower absenteeism, higher customer satisfaction and improved recruitment (Harvard Business Review). By putting yourself first, you put yourself in a position to serve others. Ben facilitates exercises that drive us towards our goals by implementing tiers of accountability and he inspires action through masterful storytelling and tangible take away. See why Global Gurus has named Ben in the World's Top 30 Organizational Culture Thought Leaders the past two years in row.

Takeaways

- + Proof that your organization deeply cares about you as whole person, personally and professionally
- + How to implement tiers of accountability around personal goals in your work environment
- + Identify the most important dreams in your life and take actionable steps toward them

WORKSHOPS

LIST WRITING

Ben's 30-minute list writing workshop puts the '5 Steps to Making the Impossible Possible' into action. Inspiration doesn't come to us, we must create inspiration by taking steps toward our goals and this workshop does exactly that. The breakout session includes writing your list that is reflective of all 10 Categories of Life, identifying the most important item on your list and virtual goal sharing through chat and on screen. These steps are designed to build accountability around personal goals, to generate inspiration by stimulating small actionable steps and to connect teams through shared goals. Sharing goals virtually This breakout session can be added to any keynote.

YOUR MENTAL HEALTH TOOLKIT

Build your mental health toolkit to increase resilience, lower stress and manage the ups and downs of life with greater ease. This 30-minute workshop offers tangible tools to help you navigate stressful times of uncertainty. This session is designed to give tangible takeaway to boost your mental health and energy. Ben believes everyone should have their own mental health toolkit to optimize performance and wellbeing - this session will help you build yours.

ADDED INTERACTION IN BEN'S VIRTUAL KEYNOTES

- + Ben brings leaders on screen to share their messages live at appropriate times during the keynote.
- + Ben loves "Choose Your Own Adventure" storytelling where audiences decide which story he tells next using live polling.
- + Attendees share their bucket list items in a word cloud onscreen or in the live chat where a moderator reads select dreams to the audience.
- + Attendees interact with each other and help each other accomplish items on their list
- + Q&A is crowdsourced, allowing the most popular questions to rise to the top.