

KEYNOTE · ENLIGHTENED COACH · FROM THE AUTHOR OF THE DURING™

The During™: Building a Life Inside the Question

Functioning while being changed from the inside.

The hardest part of transformation often isn't the loss or the breakthrough. It's the long stretch between them, when life has already changed, the answer hasn't arrived, and people are still expected to function. This keynote gives that stretch a name and gives audiences language for living and leading inside it, without asking anyone to rush toward resolution.

WHO IT'S FOR

Hospitals and health systems, chaplaincy and palliative care, caregiving and faith communities, nonprofits, women's leadership summits, and conferences on transition and reinvention.

FORMATS

A 45 to 60 minute keynote, a fireside conversation, or the keynote followed by a 90 minute workshop or half day. In person or virtual.

WHY TAMERA

She cared for her husband through 17 months of brain cancer while still working. She has spent four decades leading people through change and has been an ordained interfaith minister for 30 years.

> *I didn't go numb. I went competent. And competence, it turns out, is its own kind of camouflage.*
>
> From The During™

SIGNALS THIS IS THE RIGHT FIT

- The people in the room spend their days holding other people's crises, and rarely their own.
- Capable people keep saying "I'm fine," and everyone around them believes it.
- The organization or community is living through change that hasn't resolved yet.
- The event wants depth and honesty, not a motivational high that fades by Monday.

WHAT PEOPLE LEAVE WITH

- A name for the middle season most of life is lived in, and permission to stop waiting it out.
- A new understanding of how competence can become camouflage.
- Language for asking about, and offering, support without requiring anyone to explain their private life.
- The feeling that they are not the only one.

The During™ is a body of work by Tamera Schmidt and a trademark of Enlightened Coach LLC for educational, speaking and workshop services.

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How the keynote unfolds

The keynote moves from recognition to language to practice. It is told through Tamera's own story, the story of Ren (Ren is fictional; the experience is not), and what she has seen in four decades of work with people under pressure.

TIME	SEGMENT	WHAT HAPPENS
Opening	The before and after story	Why we love stories that resolve, and why most of life isn't lived in the before or the after.
Middle	Naming the during	The space between what happened and whatever comes next, and what it asks of people who must keep functioning.
Middle	Competence can become camouflage	Why the capable ones are the people we check on least, and what their competence can hide.
Middle	A private moment	A short, unshared reflection: where am I in a during right now, or who around me might be?
Close	Building a life inside the question	How to live, lead and care for others without waiting for the answer to arrive first.

Each version is tailored to the audience: a health system hears it through care teams and patients' families, a women's leadership summit through careers carried alongside complex lives.

GROUND RULES FOR THE ROOM

- Nothing personal is required. Any reflection is private and stays on each participant's own page.
- The cases are fictional. People discuss the characters, not themselves or their colleagues.
- This is not grief counseling, therapy, burnout programming or motivational speaking.
- When Tamera's own story enters the room, it is as a witness to what it looked like from where she stood, never as a lesson anyone is told to take.

WAYS TO WORK TOGETHER

- The keynote. The During: Building a Life Inside the Question, for a conference, summit, retreat or community gathering.
- The workshops. Supporting Others Without Losing Yourself in the Unresolved Middle, and Leading, Living and Deciding When the Future Is Still Unclear. Each runs 90 minutes after the keynote or as a half day.
- For corporate and revenue teams. Competence Can Become Camouflage, its workshop for revenue teams, and the Strategic Partnership Engagement, each described in its own overview.

What it requires is a room willing to recognize the humanity people are already carrying. To bring The During to your event, contact Tamera at tam@yourenlightenedcoach.com. Each proposal is tailored to your audience, format and goals.

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