• Keynotes

Keynotes for every part of a healthy team

Healthy leaders. Confident, connected teams. Each keynote takes one of the three and gives your people a plan for Monday.

• Healthy

A Thousand Tuesdays: What Healthy Leadership Looks Like

• Confident

Why You're on This Team: Where Every Role Counts

• Connected

The Other Chair: Leading with Empathy and Compassion

• Most booked

Leadership Keynote Conversations™

The room does the talking. Live polls put your people's answers on the screen, and coworkers hear each other in a new way. Best for rooms that like to engage.

• Also available

Stage keynote

The same stories and tools from the stage, with a few quick audience moments. Best for very large or quieter rooms.

Every keynote includes

Calls before your event
Mark learns your goals, your audience and what success looks like. He interviews some of your people, too.

Built for your room
One hour to multi-day. In person or virtual.

Real-time feedback
Mentimeter for live polls and Talkadot for feedback, so every voice counts.

A call after
Review the feedback and plan your next step.

Starting fees	From $15,000	From $10,000	From $7,500
	Companies and national associations	State and regional associations	Local chapters, nonprofits and small businesses

Both formats cost the same. Every fee is plus travel. Virtual: budget 30% less.

Healthy teams are wealthy teams.

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- Keynote

- Healthy

A Thousand Tuesdays: What Healthy Leadership Looks Like

Your team takes its cues from you. This talk helps you give steady ones.

For managers, executives and team leaders



The story

For 1,000 average Tuesdays, Mark Mohammadpour has been on a 150-pound weight loss journey. It didn't happen overnight. It happened one Tuesday at a time.

Leading works the same way. Your team watches what you do on an ordinary Tuesday, and they copy your pace. A steady leader builds a steady team. Mark's 1,000th Tuesday is February 16, 2027.

77%

of U.S. workers felt work stress in the past month, and 57% said it hurt them.

Source: American Psychological Association, 2023 Work in America Survey

What your people leave with

1. **Steady under pressure**
   Leaders practice a calm first response for their next hard meeting.
2. **Energy they can protect**
   Each leader picks one weekly habit that fits a real calendar.
3. **A pace the team can keep**
   Leaders see how their own health sets the tempo for everyone.

- Follow-up training

Leading with Clarity and Calm

Live scenarios and group coaching. Leaders practice coaching instead of commanding.

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- Keynote

- Confident

Why You're on This Team: Where Every Role Counts

The company hired you.
Your team is still deciding.

For all levels, from new hires to executives



The story

As an agency leader, Mark often inherited teams that didn't pick him. His first move was always the same. He asked each person about their role and where they wanted their career to go.

Then he listened, and acted on what he heard. People who know why they're on a team bring more of themselves to it. This keynote helps every person name their why.

46%

of U.S. employees clearly know what's expected of them at work, down from 56% in 2020.

Source: Gallup, 2024 U.S. employee engagement data

What your people leave with

1. **A purpose they can name**
   Each person can say why their role matters to the company.

2. **Careers that grow here**
   People connect their role today to where they want to go next.

3. **Confidence to speak up**
   People who know why they're here share ideas sooner.

- Follow-up training

Know Your Value on the Team

Each person answers one question: would your team hire you today? They leave with a one-sentence role statement.

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- Keynote

- Connected

The Other Chair: Leading with Empathy and Compassion

Teams get closer when each person sits where someone else sits.

For all levels, across teams, levels and locations



The story

At a recent leadership conference, Mark gave every table a made-up family on its first week in a new town. Tables walked through that week one moment at a time, from the family's side of the desk.

They used four moves: Notice, Picture, Ask and Act. By the end, every leader had one helpful move for a customer and one for a teammate.

76%

of employees with very empathic senior leaders felt engaged often or always. With less empathic leaders, it was 32%.

Source: Catalyst, The Power of Empathy in Times of Crisis and Beyond, 2021

56%

higher job performance when people feel they belong. Turnover risk falls by half.

Source: BetterUp, The Value of Belonging at Work, 2019

What your people leave with

1. **Fewer misreads**
   Teams practice seeing a moment from a coworker's side before they react.
2. **Trust across the org chart**
   Leaders connect across levels, teams and distance.
3. **One helpful move**
   People leave with a 4-line script: what I heard, what I'll do, when, and how I'll check back.

- Follow-up training

Empathy in Action Lab

Paired conversations and real workplace scenarios. Each pair leaves with one empathy map.

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