

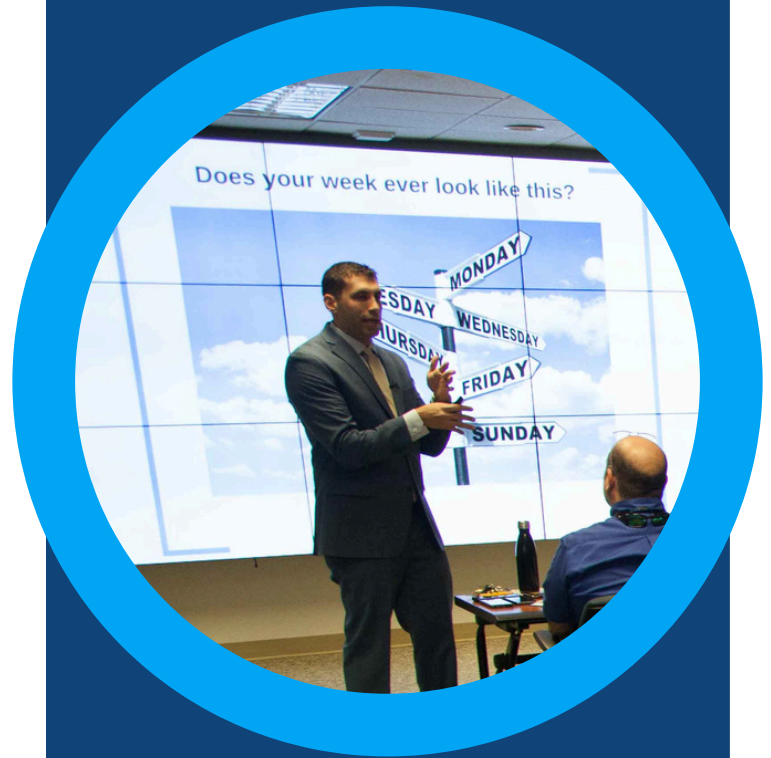
BUILD YOUR INTENTIONAL WEEK

KEYNOTE SUMMARY

We address the common misconception that busy-ness equates to productivity, and instead introduce a transformative approach to enhancing efficiency & reducing burnout. By integrating intention & structure, attendees can maintain engagement with their goals consistently. Through the LP system, participants explore essential questions designed to optimize their weekly routines and increase capacity. The session offers practical strategies and tools to effectively plan & organize tasks, regardless of external challenges. Introducing our solution of reverse planning, this sustainable system empowers individuals to reclaim up to 15 hours of productivity weekly. The keynote provides a foundational understanding of the LP system and its principles, setting the stage for lasting personal and professional growth.

KEYNOTE STYLE

At Life Pulse, our keynotes blend education & entertainment, leaving attendees empowered to implement the knowledge gained in their lives. We guide individuals through self-discovery during the conversation, helping them overcome roadblocks and achieve their goals. Our approach opens eyes to reality without leaving people defeated, providing a clear path to bridge the gap from where they are to where they want to be.



KEY TAKEAWAYS

How to maximize capacity and minimize burnout each week

The value of 7-Day Planning

How to combine Intention and Structure to ensure success

3 questions to set your week up to increase fulfillment in your life

How to overcome the lies of planning through Reverse Planning

Based on #1 International Best Seller

