

Mel Robbins

Topic Description

The 5 Second Rule: Achieve Breakthrough Performance in Your Career & Life

Imagine if you had a secret weapon that helped you beat procrastination and self-doubt. What if you had the confidence and courage to take action and share your ideas with conviction? You'd be unstoppable.

In her globally praised TEDx talk, best-selling author, entrepreneur and social media influencer, Mel Robbins introduced the world to the science-backed secret to change—The 5 Second Rule. Over 17 million views later, The 5 Second Rule has become an international best-selling book translated into 36 languages, the #1 Audiobook in the world and a life-changing global movement inspiring people to quit procrastinating, become more courageous, accomplish goals, and change for the better.

Mel has used The 5 Second Rule to transform her own life. Since discovering and implementing The 5 Second Rule, Mel has become the most booked female speaker in the world, an award-winning legal analyst for CNN, an internationally acclaimed best-selling author, and the CEO of a media company that inspires more than a million people each day.

With riveting videos, case studies, compelling research, and hilarious personal stories, Mel will recount the deeply relatable and remarkable story of The 5 Second Rule and the power of five second decisions. She will demonstrate how this rule has helped people, teams, and businesses around the world change for the better. And, through audience interaction, she'll show you how to use the Rule so you can also achieve your goals.

This is a life-altering speech filled with groundbreaking insights and a tool for action that is critical for selling, leadership development, innovation, and success. Mel will present the secret to HOW we change behavior, HOW to take smart risks, HOW you bring out the best in your team, and HOW to create the results that we covet at work and in life.

You'll walk out of this experience with tools you can bring to back to your team, your family, and your life—and you'll leave feeling inspired, empowered, and able to take action.

Learning Objectives:

- Discover the secret to increasing productivity, confidence and courage.
- Master The 5 Second Rule.
- Leverage the science of habits to create immediate behavior change.
- Practice higher brain function that enables breakthrough performance.
- Understand how five second decisions change your life and business.
- Be inspired and uplifted to reach your potential.

Mel also creates customized speeches and multi-event leadership series for clients.

Past series have included:

- 19 city event tour with a Fortune 50 financial services client
 - o Audience: Entrepreneurs and small business owners
 - o Topic: Disruption
- 8 series tour for a Fortune 10 client telecommunications client
 - o Audience: Managers
 - o Topic: The Power of You
- 11 city event tour with a Fortune 50 financial services client
 - o Audience: Female CEOs
 - o Topic: The Science of Productivity and the Art of Focus

These are just a few examples with previous clients. If you are interested in customized keynotes or multi-date series on the topics of Leadership, Confidence, Women and Business, and Management/Influence—let's talk!