

# Jay Shetty

## Topic Descriptions - Interactive

### How to Find Your Purpose in The Workplace

One of the top challenges for executives is raising employee engagement, and for good reason. Engagement is on the decline across the world, and that spells trouble for business leaders everywhere. Today, employees are genuinely searching for meaning, purpose and fulfillment in the workplace. When each person deeply understands how they fit into the bigger picture they become more motivated to align with the company's goals.

With an emphasis on work-life integration, Jay understands that a separation of the two can create more stress, inevitably trickling into personal interactions. Jay guides participants into personal awareness and an understanding of their responsibility to co-create a meaningful trajectory.

His highly interactive session may include the following exercises:

- **Exercise 1: Strengths Interactive** - This extremely engaging activity allows participants to gain more insight about their strengths and potential. It allows them to start recognizing the dynamic nature of the workshop and become active participants rather than a passive audience. The simplest place to find purpose is in our strengths and where we naturally have impact. This is a group activity and high energy.
- **Exercise 2: Quadrant of potential** - This activity allows time and space for some personal reflection. Self-awareness is a foundational element in finding your purpose. In this exercise, individuals will reflect on their personal qualities, skills, interests and weaknesses to gain a more in depth analysis of themselves. This activity helps attendees overcome the myth that purpose is only about loving what you do, it helps them recognize the value gained by doing things that they don't necessarily enjoy.
- **Exercise 3: 3 Moments** – This reflective activity allows attendees to recognize the origin stories that:
  1. Helped form a value/lesson
  2. Developed a personal strength
  3. Inspired a way to connect with others/how you want to make them feel
- **Exercise 4: 2 Letters**: More powerful than a purpose statement, attendees will write two letters to themselves. This exercise will allow participants to hone in on the ideal compliment or testimonial that they would like to receive in life – encouraging each participant to contemplate on how much impact they created & how much value they drove. These are subconscious purpose statements, which are much more emotive.
  1. What advice would you give to your younger self?
  2. At age 80, what will you regret that you did not do?

Takeaways include:

1. Understanding the scientific reasoning for purpose and meaning for a healthy life
2. How to integrate one's purpose with that of the company
3. Practical techniques to give meaning to everyday activities

## **Why Connected Thinkers Will Rule the Future**

We've lived in times ruled by lawyers, doctors and bankers. We've moved onto a time ruled by coders, engineers, analysts and mathematicians for the Internet. The challenge that faces individuals today is to be a connected thinker. People who can bring together mindfulness, with modern psychology, trending technology and use it for social impact will see limitless possibility where others do not. Steve Jobs made calligraphy relevant to computers. Mark Zuckerberg visited an ashram in India so that he could reinforce the importance of what he and his company was trying to do. They see what others can't see. They perceive the invisible connections. Because it's what you don't see that makes what you see today possible.

The best innovators expose themselves to a broad set of human experiences; experiences that literally kick-start the creative process. The key to thinking differently is perceiving things differently. To perceive things differently, you must be exposed to divergent ideas, places and people. This forces your brain to make connections it otherwise might miss.

This session reveals how we can tap into our creativity and innovation through behavioral science to create more powerful futures. Jay will share case studies, stories and exercises that enable session participants to learn more about themselves and how to begin the creative process.

Jay's interactive approach introduces at least three exercises to help attendees to become more creative and innovative – identifying the top skills needed to thrive in 2020 – as recognized by the World Economic Forum.

This session will achieve the following:

1. Understanding the four mindsets for being a leader of the future;
2. Greater collaboration between team members;
3. Enhance creative thinking amongst groups and teams;
4. Equip individuals with the tools and techniques needed to be more forward thinking.

## **The Millennial and Gen Z Mind**

Millennials may be the most studied generation in history. Considering they will make up 75% of the workforce by 2025, it comes as no surprise. The challenge lies in knowing how to recruit, retain and reward this new era as they puzzle their parents as much as their bosses. In this insightful presentation, a millennial himself dissects the mind of his generation and Gen Z to inspire you about the possibilities and opportunities they can bring. Takeaways to include:

1. Understanding what motivates and drives Millennials;
2. Understanding how to communicate with Millennials;
3. Knowing when a millennial is worth investing in;
4. Changing the way you view all generations.

## **Personal Online Brand**

The question today is, if you don't have an online brand, do you even exist? Every employee today can be a brand ambassador; every director needs to be a voice. We no longer live in a B2B world but a H2H, human to human world where people want to do business with people. The online world allows you to connect with clients, customers and colleagues in a truly unique way.

## **Conscious Communication**

A 75-year Harvard study found that the key to a fulfilling life can be unearthed through good relationships. And, the key to good relationships is good communication. Jay will share insights from timeless wisdom and modern behavioral science - illustrating how to form long term relationships and how to build trust from day one. He'll explain why conflict should not be avoided and how to master the art of communication.

## **Self-Care for Service**

We live in a guest first environment. This allows us to make a difference and impact in the lives of others. But to do this at an optimal level, we need to invest in ourselves. We need to take care of our moods, emotions, feelings and bodies.

This keynote will provide the simple tools and insights that people can implement from day one. This includes powerful breathing techniques for remaining calm under pressure, communication insights for a positive work environment and the hidden keys to guest satisfaction and experience.

This session will focus on how to bring your best energy to the workplace. Everything from workplace conversations to guest interactions are based on energy. If our energy is not positive, uplifting and empowering, it is challenging to work in any environment.

## **Digital Innovation – Preparing Your Mindset for the Future**

What got us here, won't get us there. More and more people are worried about robots taking their jobs, the rise of artificial intelligence and machine learning pose real threats to our careers and companies. How can companies redefine their mindset for the new world? What skills need to be prioritized, enhanced and focused on and what we could let go of?

**Customization** In addition to sharing his experiences as a monk, digital strategist and social media influencer, Jay can customize his talks to include the following takeaways:

- **Navigating through Transition** Change, Adaptability, Resilience;
- **Mindfulness & Reflection** Reducing stress and pressure in the workplace;
- **The Art of Growing** Practical steps an organization can take to fail forward; Techniques to help individuals build resilience and not give up;
- **Inside the Mind of Innovations** Four key mindsets needed to thrive in the age of uncertainty.
- **Humanity in a World of Technology** – Human skills that will define the future.