

CONNECTING TEAMS

We Are So Much Stronger Than We Think:
Thriving In Adversity

For Leaders looking to engage their teams

A keynote that sparks reflection and resilience

Based on her deeply personal story, this keynote explores how she built resilience through adversity, and how reclaiming agency over our narrative can unlock personal and professional transformation, and build the mental agility to thrive through change.

ABOUT THE KEYNOTE

Kelly speaks at the intersection of self-awareness, resilience, and conscious (self) leadership. Her keynote is crafted to inspire introspection, spark courageous conversations, and offer practical tools that help individuals and teams lead from within.

Whether you're navigating a personal transition, professional change, or collective uncertainty — her talk invites you to introspect, understand your mind, and reimagine what's possible.

For Leaders | Executives navigating change | Global teams seeking more emotional intelligence and cohesion | Organisations looking to foster resilience, authenticity, and purposeful action | Business schools preparing future leaders to lead with self-awareness and purpose

TESTIMONIALS seedstars

"I loved how in a very online and virtual environment the power of Kelly's story made everyone connect and allow themselves to be vulnerable in the group."

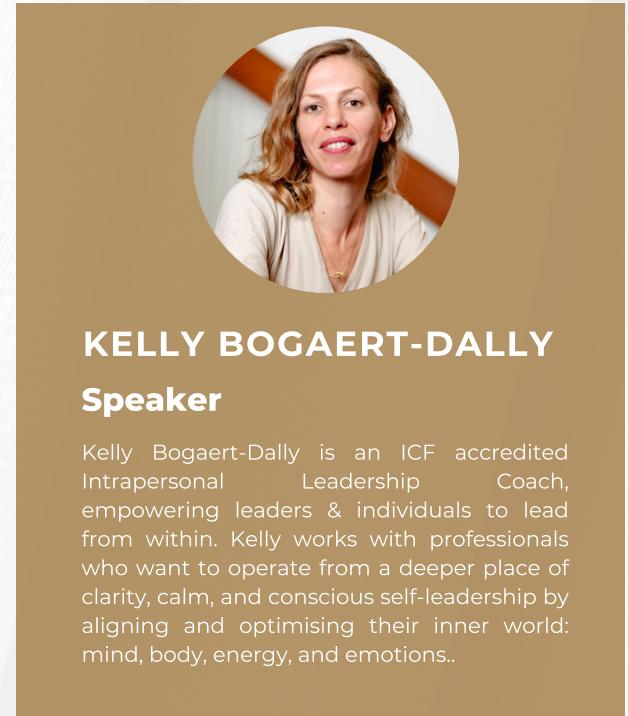
"This talk was very much needed. I could connect with your story Kelly on so many levels. Really, thank you so much!"

"I am going through a difficult personal situation and this is really really what I needed to hear. Thank you from the bottom of my heart."

"I loved the presentation and the personal story and the vulnerability really allowed for genuine questions from the audience afterwards."

LET'S CONNECT

Interested in bringing this to your team or community ?
Let's talk !



KEY TAKE-AWAYS

- The power of conscious choice: taking agency over your story
- Leading yourself through change & crisis
- How intrapersonal intelligence fuels sustainable growth

60 min Virtual Session
20 min Talk + 40 min Q&A

