

Get Comfortable Being Uncomfortable

JOHN SWEENEY
& the Brave New Outpost



the PROBLEM: Human beings are neurologically wired to be cautious of change. It's natural and normal! However, operating from this default mindset of scarcity (and even fear) doesn't always serve us best in the modern world, and there can be a high personal and professional cost for the resulting behavior. The great news is that with motivation, self awareness, accountability and behavioral practice, we CAN train our minds to adapt and tolerate change and ambiguity, so that we can operate more efficiently and effectively even when we are uncomfortable.

the ANSWER: This fun & interactive program will ease the grip fear has over us when we're faced with being uncomfortable. Through behavioral practice and lots of customized insights, we'll cultivate a yes AND! mindset and embrace change as fuel. The benefits are heightened empathy, improved communication, and more action orientation. If your organization is managing change, ambiguity, or just a whole lot of new—this program is for you!

the DELIVERY:

Keynotes 60 or 90 minutes

Workshops deeper engagement and live exercises

Customized (every time!) by audience, industry, and need

"Wow, you blew us away with wit, knowledge and exercises! It really inspired our audience to think differently and be less fear based, even in our challenging operating environment. Thank you for getting us out of our comfort zone and into a growth mindset!"

- VP, Target Corporation



JOHN SWEENEY has been changing human behavior within the biggest businesses in the world over 25+ years as a keynote speaker. He is grateful to call more than 130 of the Fortune 500 his clients.

He has shared the stage with George Bush, Sr., Deepak Chopra, Betty White, Steve Ballmer, and Mark Zuckerberg. A quote from his book appeared on millions of Starbucks cups, and he has danced shirtless on The Today Show and ESPN SportsCenter.

In addition to owning the longest-running comedy theater in the U.S. for 25 years, his background includes dairy farming, commercial real estate sales, serial entrepreneurship, philanthropy, and more than 30 years of professional comedy. John is truly unique in his ability to inspire and activate audiences, and consistently earns **standing ovations** and **10/10 survey results**.

SELECT REPEAT CLIENTS



"John Sweeney managed to bring my 300+ hardened, crusty, and serious legal industry colleagues to their feet, roaring with laughter, engaging, and learning with each other on a new level at our national sales meeting!"

Senior Vice President, Thomson Reuters

"More than any other vendor, John worked hard to understand our audience and our business, to ensure he spoke our language and connected to our specific audience."

Senior Learning and Development Manager, Boston Scientific



3000 keynotes given

130 of the Fortune 500

82% rehire/repeat engagement rate

1,000,000+ people inspired

contact: info@bravenewoutpost.com

**BRAVE NEW
OUTPOST**