

SEBASTIAN TERRY

Inspirational Keynote Speaker, International Author, TV Host, & Founder of
100things Philanthropic Movement

Driven by a passion to see others achieve, Sebastian's one-of-a-kind story has organically become a powerful catalyst for personal and organizational transformation.

"Seb's philosophies, tools and processes will unleash anyone's ability to put aside procrastination and prioritize what's truly important to them in living a happier and healthier life. Time with Seb is a gift and one my whole team and I will forever be grateful for - it's nothing short of life changing"

Nick Drake- Google

Shocked by the death of a close friend in his mid-twenties, Sebastian Terry experienced a moment in his life where he asked himself a simple question; 'Am I happy?'

The answer was **NO**, and so, he created a list of **100 Things** that he hoped would transform his life.

For over a decade Seb has been chasing down the goals on his list and teaching others how to do the same.

From marrying a stranger in Vegas (Item #2!) and delivering a baby (#23), to living on a deserted island for 1 week (#63) and even walking across a country (#36), Seb has become a sought after speaker, inspiring and catalyzing human progress and connection around the world.

The impact of time and experience has helped shape Seb's journey from the pursuit of fun and exciting life goals to the realisation that these strategies transfer not just to others who dream of achieving personal goals, but also into the mechanics of organizational growth.

Twelve years on from starting his journey, Seb uses his highly unique, entertaining and emotive story to teach the principles of:

- Values-based goal setting,
- Developing an unstoppable mindset,
- Creating a unique action plan,
- The power of action,
- Self accountability,
- Improving culture through positive connection.

Sebastian combines humor, inspiration, and insight to engage any audience creating an environment for education and change.

Individuals and teams walk away with a tool kit they can transfer into both their personal and professional lives as they set-out with a structure that will see them conquer any goal.

SEBASTIAN AS A SPEAKER:

Engagement - Activation - Connection - Transformation - Growth

This is not just a keynote, this is an experience that will make you laugh, think, cry and finally take action.

Blending masterful storytelling and electric energy with processes and tools designed to activate goal setting, real-time progress and cultural change, Sebastian's strategies transfer not only to those who dream of achieving personal goals, but also into the mechanics of organizational growth.

Sebastian leaves lasting impact and engagement through helping organizations and it's individuals gain perspective, think big, and reach their potential on every level so that others can follow suit.

100things is no longer about one person, it's about every person.

KEYNOTE TOPICS:

Told through the lens of his incredibly personal story and teaching principles, Sebastian uses his learnings and experience to hit current and relevant topic areas including:

Leadership Through Values-Based Goal Setting:

- Creating environments for intrinsically motivated staff & teams
- Leading through example
- Doubling down on individual and team values
- Creating advanced teamwork and communication
- Teaching through offering opportunity and real time experience
- Hatching the ultimate action plan
- Team accountability

Mastering Mental Health & Wellness:

- Helping individuals create structure in their personal and professional lives through adaptable planning techniques
- Emotional management: accentuating the highs and supporting the lows
- Values recognition as a foundation to growth
- The importance of community
- The importance of progress, feedback and completion

Exploring Resilience Through Goal Striving:

- Developing meaningful goals as a way of stimulating passion and perseverance
- Understanding the feedback loop of progress and turning adversity into opportunity
- Adapting to change
- The importance of breaking your comfort zone
- Building your support crew

Organizational Culture:

- How to get everyone on the same page: the power of shared values
- Creating a healthy ecosystem of communication
- Personal connection leads to professional connection
- Creating opportunities for meaningful interactions

- Understanding what we do today directly affects who we will become tomorrow (Input = Outcome)
- Planning effectively to optimize workplace performance.
- The power of accountability and how to integrate it into your community

Team Engagement During COVID-19 & Beyond:

- How to tackle general workplace issues heightened by COVID-19 such as low morale, low staff connection, and fluctuating mental health
- Developing and implementing repeatable values-based goal setting techniques
- Increasing team unity and understanding around desired outcomes
- Utilizing social accountability to complete goals
- Fostering an environment of idea sharing, collaborative help, and understanding
- Creating open communication channels for ongoing progress

Updated TS 2/11/21