



KEYNOTE 3: LEADERSHIP, RESILIENCE, SUSTAINABLE HIGH PERFORMANCE

The Self-Leadership Imperative

In an era of constant disruption, AI-driven acceleration, and relentless performance pressure, the leaders who thrive are not simply working harder, they're leading themselves better.

In this keynote based on her bestselling book *The Art of Self-Leadership*, Heather offers a practical look at what it actually takes to take ownership of your own growth, manage your mindset, and guide others through challenges.

When you lead yourself well, you help to create the kind of high-trust culture where people report 74% less stress, 40% less burnout, and 29% more satisfaction with their lives. This is a practical, honest look at what it takes to stay agile, clear, and grounded when the demands won't let up.

This program is perfect for:

- High-performing individual contributors and informal leaders who others look to for direction
- People managers navigating pressure from every direction
- Frontline teams, sales teams, and administrative professional

The audience will leave with:

- The Self-Leadership Framework—a practical model for staying strong, flexible, and grounded through change
- A compassionate path from perfectionism to progress
- Tools to sustain energy and prevent burnout before it starts
- Strategies for emotional regulation, clearer thinking, and steadiness under pressure
- A renewed sense of agency and possibility and the confidence to lead from any seat



"Heather has a unique *ability* to understand her audience and the realities they face every day—

By grounding her keynote in the audience's real experiences, she delivered a relevant message that was relatable, meaningful, and empowering—and that created the space for reflection, connection, and renewed confidence."

MICHAEL UNDERWOOD, BSc | Pathway to Excellence Nurse of the Year