

SPEAKING THAT REVEALS THE COST OF WHAT PERFORMANCE CAN HIDE

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SIGNATURE KEYNOTE | 60-90 MINUTES

The Side of Performance You Don't See

"Two pictures. Both True."

A lived and research-based conversation about what people already carry, what high-pressure environments compound, and why both can remain hidden beneath continued success at a cost to the individual.

Audience leaves with awareness, shared language, and executable next steps.



ADDITIONAL SPEAKING TOPICS

THE HUMAN READINESS GAP

RAISING THE BASELINE

THE UNSEEN DEPLOYMENT

THE INNER CRITIC: DRIVE WITHOUT SELF PUNISHMENT

ANXIETY: WARNING SIGNALS + HEALTHY REGULATION

IDENTITY BEYOND PERFORMANCE

FEELING LIKE AN IMPOSTER

IN-PERSON ENGAGEMENTS

MILITARY + PUBLIC SERVICE

Units. Agencies. Veterans. Those who serve.

KEYNOTE	\$2,500
KEYNOTE + LEADERSHIP DISCUSSION	\$3,250
KEYNOTE + WORKSHOP (90 MINS)	\$4,250

ORGANIZATIONS

Companies. Nonprofits. Mission-driven teams.

KEYNOTE	\$4,000
KEYNOTE + LEADERSHIP DISCUSSION	\$5,000
KEYNOTE + WORKSHOP (90 MINS)	\$6,500

These are starting Rates. Travel and lodging are quoted separately. Final pricing reflects location, audience, preparation, access requirements, and scope. *Special considerations may be available when speaking supports broader Gray Matter programs.*

FROM INQUIRY TO THE PEOPLE

1 SUBMIT
INQUIRY

2 CONFIRM SCOPE
+ AVAILABILITY

3 SIGN AGREEMENT
+ RESERVE DATE

4 PREPARE +
DELIVER

REQUEST QUOTE



REQUEST QUOTE + AVAILABILITY

www.graymatterlifestrategies.com/speaking | info@graymatterlifestrategies.com

Dates are reserved after the agreement is signed and the non-refundable booking fee is received.

UNDERSTAND PRESSURE. CHANGE YOUR LIFE.

LEARN MORE

