

KEYNOTE TOPICS

Experiential keynotes that move people to act.

Most keynote speakers talk at a room. Seb invites the room into a moment it will not forget.

Every keynote runs on the same engine, the ME · YOU · WE Method, and every keynote includes a live bucket list surprise for someone in the audience.

ME · 01 PURPOSE Self led growth with purpose, agency and action.	YOU · 02 ACCOUNTABILITY Environments that ignite the best in others.	WE · 03 COLLABORATION Shared vision blended with collaborative action.
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FIVE KEYNOTES TO MIX & MATCH

CHOOSE ONE

01 HUMAN CONNECTION IN THE AGE OF AI NEW FOR 2026	As machines get smarter, being human becomes the premium skill. The keynote for this exact moment. INNOVATION SUMMITS · TECH CONFERENCES
02 STRONG ALONE. BETTER TOGETHER. SIGNATURE	Rebuild real connection so collaboration stops being a calendar invite. CULTURE SUMMITS · SALES CONFERENCES
03 UNLOCKING LIMITLESS POSSIBILITY TRANSFORMATION	The mindset and framework that helped a million people stop waiting and start doing. ANNUAL CONFERENCES · KICKOFFS
04 UNLOCKING MENTAL HEALTH WELLBEING TO PERFORMANCE	Permission to talk, and a framework that turns wellbeing into performance. HR & WELLBEING WEEKS · ALL HANDS
05 ELEVATED LEADERSHIP LEADERSHIP	Turn managers into leaders who create environments where people feel seen, heard and valued. LEADERSHIP OFFSITES · L&D

HUMAN CONNECTION IN THE AGE OF AI

The smarter the machines get, the more valuable your humanity becomes.

This is not a talk about AI. It is a talk about people, and how they stay human while everything around them changes.

AI is accelerating. Work is hybrid. Expectations are rising and timelines are shrinking. Underneath all of it, something quietly expensive is happening: people are disconnecting. From themselves. From each other. From the work.

Here is the part nobody is automating. Trust. Belonging. The feeling of being genuinely seen by the person across the table. This keynote reframes connection from a nice to have into the rarest currency a team has, and hands people the **ME · YOU · WE Method** to rebuild it on purpose.

WHAT AUDIENCES LEAVE WITH

A clear eyed understanding of why connection is slipping in the AI era, and why that is a performance issue, not a soft one.

- 01 A shared language for what real human connection looks like at work.
- 02 Three daily behaviors that build belonging and psychological safety, without a program.
- 03 The ME · YOU · WE Method: a three step framework for purpose, accountability and collaboration.
- 04 A renewed sense of why their people, not their tools, are the edge.

WHAT CLIENTS SAY

"WE WERE SO BLOWN AWAY BY THE FIRST DAY THAT WE DEVELOPED AN ONGOING PARTNERSHIP WITH SEB."

VICE PRESIDENT, NA SKIN CARE · PROCTER & GAMBLE

BEST FOR

Leadership summits and all hands · Culture and town halls · Sales and tech conferences · AI adoption kickoffs

FORMATS

Keynote 45 to 60 minutes. Breakout available as an add on.

STRONG ALONE. BETTER TOGETHER.

A human connection keynote.

The greatest things we achieve are not fueled by the strength of our actions alone, but by the depth of our connection to the people beside us.

The organizations that go the farthest, the fastest and the most sustainably know a simple truth: while we are strong as individuals, we are unstoppable together, and they know how to unlock it.

Seb learned it the long way. He started his 100 Things journey as a solo mission, until he discovered the real magic was never in ticking off goals. It was what happened between people when they chased something together. This keynote reframes culture from a poster on the wall into the daily behaviors that turn colleagues into teammates, and teammates into an unstoppable force.

WHAT AUDIENCES LEAVE WITH

A room that feels closer than it did an hour ago, and knows exactly how to stay that way.

01 A practical way to make someone feel seen, heard and valued in under a minute.

02 How to build environments that ignite the best in the people around them.

03 The signals that tell you someone is struggling long before they say anything.

04 Permission to go first, and a reason to.

WHAT CLIENTS SAY

"SEB TAUGHT US HOW TO TAKE WORDS OF WISDOM AND TURN THEM INTO ACTIONABLE ITEMS."

CISCO

BEST FOR

Culture summits and town halls · Sales kickoffs · Team offsites · Post restructure resets

FORMATS

Keynote 45 to 60 minutes. Breakout available as an add on.

UNLOCKING LIMITLESS POSSIBILITY

A transformation keynote.

Everyone has a list. Most people never start it. This is the talk that changes that.

Seb's signature transformation keynote: the tools, mindset and framework that have helped a million people stop waiting and start doing. Part story, part playbook, it moves an audience from why we procrastinate to what to do about it, using the same three step framework that turned one list into a ripple effect.

The session looks at the fears that keep us circling the same decisions, how to get clear on what actually matters, how to link a goal to a purpose so it survives the week, and why giving ourselves permission is the piece almost everyone skips. Then it makes the change stick, because change without accountability is just a good mood.

WHAT AUDIENCES LEAVE WITH

Not inspiration that fades by Friday. A plan they will run with on Monday morning.

- 01 A working answer to the question, what should I actually do next?
- 02 The three step framework used to turn a bucket list into a life.
- 03 Permission to prioritize what matters, inside and outside of work.
- 04 One clear, chosen action every attendee walks out with.

WHAT CLIENTS SAY

"SEB'S TOOLS WILL UNLEASH ANYONE'S ABILITY TO PUT ASIDE PROCRASTINATION."

GOOGLE

BEST FOR

Annual conferences · Closing keynotes · Kickoffs and awards nights · Multi day summits, paired with the breakout

FORMATS

Keynote 45 to 60 minutes. Includes a live goal gifting moment.

UNLOCKING MENTAL HEALTH

An unstoppable mindset.

A raw, hopeful, deeply human talk that gives people permission to talk, and a way forward.

Seb speaks about mental health from the inside, not from a distance. From lived experience, including the grief that reshaped his life at 21, with the honesty audiences do not expect and the warmth they do not forget.

This talk does not ask anyone to be vulnerable in front of colleagues. It shows how connection, purpose and self awareness quietly become the strongest performance edge a team has, and reframes wellbeing as the foundation everything else is built on.

WHAT AUDIENCES LEAVE WITH

A lighter, more connected room, and a genuine way forward.

- 01 A shared, non clinical language for wellbeing at work.
- 02 Three habits that move mental health from HR program to daily culture.
- 03 Permission to be human, without oversharing.
- 04 A clear next step for both individuals and leaders.

WHAT CLIENTS SAY

"NOTHING BUT RAVE REVIEWS. IT COULD NOT HAVE BEEN A MORE PERFECT SETUP FOR OUR EVENT."

CHEMTREAT

BEST FOR

Wellbeing weeks · All hands · HR summits · High pressure sales and service teams

FORMATS

Keynote 45 to 60 minutes. Workshop available as an add on.

Seb speaks from lived experience and is not a clinician. Anyone struggling should contact a qualified professional or support service.

ELEVATED LEADERSHIP

The future of high performing teams.

The best leaders do not just manage people. They make people feel seen, heard and valued, and then watch them fly.

The best workplaces and highest performing teams understand a simple truth: when connection, purpose and acknowledgment are embedded into daily action, leadership is not aspirational. It is second nature.

This keynote is for the leaders shaping the next generation of teams. The ones who know a title alone does not create followership, and that performance is a byproduct of belonging. Seb combines his own story with seventeen years inside the world's top performing cultures to give leaders a language, a framework and a set of daily behaviors they can use immediately.

WHAT AUDIENCES LEAVE WITH

Leaders who do not just know what to do. They know how to make it a habit.

01 A modern definition of leadership every level of the organization can share.

02 The three signals that build followership in every one to one.

03 How to embed acknowledgment as a system, not a personality trait.

04 A commitment leaders leave with, and a way to keep it.

WHAT CLIENTS SAY

"THE BEST KEYNOTE WE HAVE SEEN IN ALL THE YEARS WE HAVE ATTENDED. 10 OUT OF 10."

DASSAULT SYSTÈMES

BEST FOR

Leadership offsites · Senior leadership summits · L&D and manager training kickoffs · Executive retreats

FORMATS

Keynote 45 to 60 minutes. Workshop available as an add on.