CHANGE & RESILIENCE

WONDERFULLY UNCOMFORTABLE

Doing hard things starts before you feel ready.

This keynote explores how to reframe challenges, understand fear and take the next step. Drawing on the experience of doing hard things, Andy invites audiences to question what holds them back and discover their capability through experience.
A different perspective can change the next step.

SESSION OVERVIEW

What audiences will discover

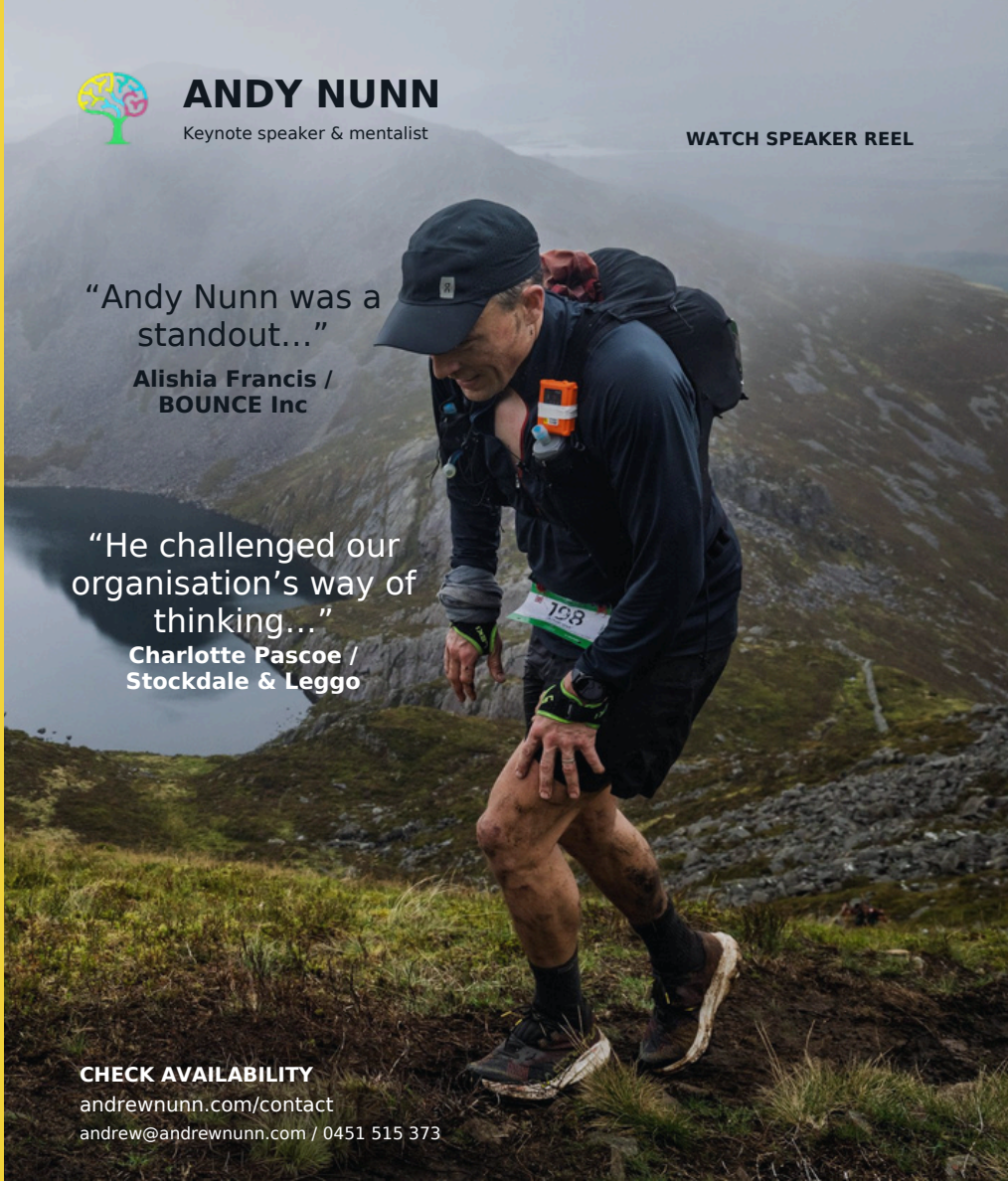
Reframe challenges.
Explore a different way to see what's in front of you.

Understand fear.
Recognise what holds you back from taking the next step.

Do hard things.
Take action before you feel ready and discover what you're capable of.

A different way to see the challenge.

For leaders, managers and teams. Running time agreed around your programme.



ANDY NUNN
Keynote speaker & mentalist

WATCH SPEAKER REEL

"Andy Nunn was a standout…"
Alishia Francis / BOUNCE Inc

"He challenged our organisation's way of thinking…"
Charlotte Pascoe / Stockdale & Leggo

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