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905.831.0404
events@kmprod.com
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**Thrive During Fast Change**

https://www.kmprod.com/speakers/dr-janet-lapp

**Bio**

Dr. Janet Lapp delivers a powerful message: change is not a force to be feared but an opportunity to be seized. With humour and finesse, she helps audiences learn to embrace the future — no matter what challenges it may bring — with success and optimism. Her energy-charged, actionable, and exhilarating programs leave audiences emboldened to take risks and create a new set of future-ready rules.

Lapp brings lessons from her experiences as a National Triathlon Champion, Ironman All-World Gold Athlete, and pilot who's flown through some of the world's most challenging environments, to inspire audiences to think the impossible and do the unimaginable. Her stories highlight overcoming depths, resilient comebacks, and miraculous survivals.

Rated by Toastmasters International as one of the top three speakers worldwide, Lapp has helped guide change in 3,000 organizations across 34 countries, with past clients including IBM, AT&T, Allstate, New York Life, Toyota, and Kawasaki. She is a Speakers Hall of Fame inductee who also regularly consults throughout Europe and the Americas, and can present in three languages (English, Spanish, and French).

Lapp is the bestselling author of five books, with her book *Plant Your Feet Firmly in Mid-Air* used by both the Ritz-Carlton and IBM sales teams as inspiration for their successful transformations. Her other four book include *Dancing with Tigers, Positive Spin, Why Won't*

*They Listen to Me?*, and *The Four Elements of Transformation*. Lapp is also the creator and host of the Emmy-nominated CBS series *Keep Well*, and has appeared regularly on INN, ABC, CNN, and NBC affiliates.

Lapp spent over 30 years in health care as a registered nurse, nurse manager, lab director, and a licensed clinical psychologist. She earned her doctorate in Psychology and completed her post-doc fellowship in neuropsychology at McGill University. Lapp is also a 2019 National AG Triathlon champion who competed with Team USA at the Lausanne World Finals, and in 2021, she reached Ironman Gold All World Athlete status.

**Topics**

## Dr. Janet Lapp's Speaking Presentations:

## Powering the Future: A New Mindset for Change

Filled with actionable insights and tools for sales success, leadership development, optimism, and creativity, Dr. Janet Lapp equips audiences with a roadmap to a brighter future, leaving them emboldened to take risks and create a new set of future-ready rules.

**Learning objectives:**

- Discover the one reaction that makes any change welcome.
- Master the top three leadership skills for 2024.
- Leverage and harness current industry trends.
- Remove mental barriers that block innovation and overcome immunity to change.
- Practice skills to inspire others to keep focused, optimistic and fully committed.

## “Let's Go! How to get People to Move.”

Your people didn’t believe it could happen to them. Then, disruptors appeared on the horizon, and now everyone has to play catch up. Up to one-third of your workforce could be actively resistant. How much faster could you move if everyone were on board?

**HOW DO YOU DO THAT?**

This program budges people out of the past and helps them SEE that change affects everyone, there is no choice, and no hiding AND IN THE END,
ADAPTING WORKS BETTER FOR EVERYONE.

**TAKEAWAYS:**

- Summary of hard trends in your industry, how others are adapting and simple changes you can make to keep up.
- Easiest steps to an agile workforce and workplace.
- What resistance looks like and best ways to budge it.

- A take-out plan to grow skills and mindsets you'll need to adapt to and lead fast change.

## THINK BIG ACT BOLD

**Do something SO bold, that a year from now, when we are through this, you'll shout: "I can't believe we/did that!"**

Especially during disruptive change, this program is personally inspirational. However, the effects extend to the workplace … as people become bolder, more confident, take more risks, think larger - despite circumstances.

Janet brings the lessons of her experiences as a National Triathlon Champion, Ironman competitor, and pilot who's flown through the world … to inspire you to think the impossible and do the unimaginable. Her stories highlight overcoming depths, resilient comebacks, and miraculous survivals.

You will knock away outdated pillars, blow away perceptions of what's possible, rewrite your story and create a new set of rules. In so doing, life will be expanded as never before.

**TAKEAWAYS:**

- Motivate yourself to push beyond.
- Rewrite old stories and old rules.
- Push back limiting blocks.
- Develop a personal Change Airbag, where nothing will get you down.

To inquire about Janet Lapp's speaking schedule & **booking speaker Janet Lapp, contact us**.