



GRIT & GRACE

Grit & Grace is your ability to master resilience in turbulent times, gain deeper awareness of your habitual reactions so you can over-ride them. It's the ability to be at ease with uneasy, to dance with discomfort.

WHO NEEDS THIS TALK

Organisations that want their leaders and teams to:

- Stay competitive in a rapidly changing environment.
- Pivot quickly and problem solve as new challenges arise.
- Boost motivation and performance to reach ambitious goals faster.
- Be proactive and creative in the face of fast-paced change.
- Handle volatility without compromising success.
- Strengthen their resilience so they can live happier and more fulfilling lives.

AUDIENCE TAKEAWAYS

- How to harness your inner grit and grace to become an unstoppable force in the face of any challenge.
- How to shift your focus from “getting it right” to making progress, no matter how small.
- Feel more inspired, motivated and excited.
- Practical strategies for managing stress and cultivating healthy habits that will help you stay focused energised, and resilient, no matter what life throws your way.
- A lifeline in turbulent times, that provides perspective when you need it most.



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The AGILE Mindset is your ability to nimbly adapt to challenges, deal with stress, overcome obstacles, and thrive in the face of uncertainty, to achieve predictable, consistent, powerful results.

WHY NOW

We all face challenges and setbacks, but those who possess the ability to bounce back quickly and adapt to change are the ones who truly thrive.

In today's fast-paced and ever-changing world, resilience is not a luxury, it's a necessity. Whether you're an entrepreneur, a leader, or just someone trying to navigate the ups and downs of life, the ability to unlock your resilience can make all the difference in achieving your goals and reaching your full potential.

BENEFITS

In my keynote, I'll share practical steps you can take today to start developing resilience and achieve success both personally and professionally. But let's face it, resilience can be a dry topic. That's why I'll be weaving relatable stories and anecdotes throughout the talk to keep your team engaged and entertained.

From hilarious mishaps to tales of triumph over adversity, I'll have your team laughing and learning. Best of all, these steps are easy to implement and will positively impact your team's performance and well-being. Get ready to become a more resilient version of yourself!



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FOLLOW-UP ACTIVITY

- Workshops for leaders and teams
- 1-2-1 coaching
- Custom videos to reinforce learning and build momentum

TALK FORMATS

- From punchy TED style 20minutes up to 1 hour power-blast keynote packed with practical tools and principles
- Opening conference talk or keynote with energy and excitement
- Energising interactive Masterclasses from 90 minutes to half-a day
- Plenary or breakout sessions at your conference
- Closing conference keynote

CUSTOMISED SPEECHES FOR MULTI-EVENT SERIES

Is your team spread around the world and you want to give them a motivational boost.

If you want the same customised talk delivered to your leaders and teams around the country/world on the topics of agile mindset, change, motivation, mindful selling, delivering delightful customer service, resilience, self-belief or confidence, please get in touch.



ABOUT ANIS

Hey, I'm Anis - pronounced Ah-niece. Autocorrect changes it to Anus, so please change it back to A-n-i-s. My surname is not as scary as it looks, let's sound it out: Kiz-il-bash.

Creator of Mindful Selling and AGILE Mindset expert, my tools and strategies helps leaders and teams unlock growth in the moment to achieve predictable, consistent and powerful results, no matter what's going on around them.

As mindfulness practitioner and mindset coach, I've unearthed a profound understanding of the correlation between our mental state and how we react to life's occurrences.

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My book, Mindful Selling, helps people shift their mindset and develop self-belief to grow their sales. I am currently writing my third book, Agile Mindset.

Success as a coach evolved into teaching mindful skills to entrepreneurs, executives, teams and organisations, where I empower them to let go of limiting beliefs and implement practical tools to move forward.

My keynotes are a platform to help on a bigger scale, sharing implementable insight, compelling stories and practical tools combined with entertaining, interactive learning experience for your audience.

I have spoken around the world to audiences from all sectors, clients include Pearson, Abbott Medical, TravelPort, Mayor of London, Axis Communications, to name a few.

Appeared in

theguardian

Entrepreneur

Psychology Today

Forbes



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