

Featured Keynote Speaker Kristen Brown

iGO Annual Conference— July 2017

Are you ready for some fun combined with power tips to elevate your productivity and influence at work and home? Kristen Brown is a funny and interactive success expert and bestselling author who will motivate you to stress less and uncover new ways to be seen as a leader who impacts change with the very important work that you do. You won't want to miss her eye-opening keynote or her action-packed breakout session to take your success to the next level.



General Session

The Happy Hour Effect:

Master Your Stress and Time For Bigger Impact

Learn 5 power elements to help you better manage your time, distractions, and stress so you focus your efforts on the right goals and spend less time worrying about those things that pull you off course. By understanding how to boost key areas of your life, you will be a stronger leader who is able to rally support, serve others, and make a bigger impact when and where you need it most.

Learning Objectives:

1. Understand the 5 power elements for work/life success.
2. Create a visual Life Map to drive clarity and decision-making.
3. Identify your action steps to have more impact at work and at home.

Breakout Session

The Win-Win-Win Experience:

Bridge the Gaps for Success

When you help others succeed, your own success rises too. But what does it take to step away from your own self-focused mindset and help those around you first? To be an empowering leader and team member who drives morale and motivation, you must step away from the me-first mentality and focus on those around you. When you embrace this paradigm shift it's a win-win-win for you, your team, and your organization.

Learning Objectives:

1. Understand how your mindset and presence impacts your workplace success.
2. Learn how to shift your thinking and behavior so you are viewed more positively.
3. Create new ways to build connection with your team so everyone wins.

Bio:

Recently named a top 20 trailblazer in the meetings industry by Meetings Today magazine, Kristen Brown motivates audiences around the world to strive for maximum impact in their work and personal lives even when stressed or overloaded. She spent 15 years in corporate leadership roles working with Fortune 500 and international business teams before a personal tragedy prompted her to start her own award-winning company.

Kristen makes YOU the star of the show by adding interactivity and humor to her business-boosting programs and weaving in relevant stories that resonate with audiences. Kristen will motivate you with low-stress, high-success ideas that boost sales, leadership, performance, and profits!

She partners with people-centered organizations to improve productivity and the bottom line including PCMA, SHRM, CONNECT, General Mills, Regis, Boston Scientific, Target, and more. She has appeared extensively in media like Working Mother, Live with Kelly, Forbes, Psychology Today, and more.

She lives in Minneapolis with her daughter and will do just about anything for bacon or an extra hour of sleep. To learn more, visit KristenBrownPresents.com

