



Signature Keynotes

Robin's 5 topics make impactful stand-alone keynotes, and they can be combined into a powerful training series. Robin helps your people have *Joy*, NO MATTER WHAT™



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BEATING BURNOUT WITH THE JOY OF SPONTANEITY

Are you worn out? Done in? You've been hitting it hard, and we have good news for depleted givers in the trenches: Having more fun can combat burnout.

Want to know more? This high-energy, laughter-filled interactive experience will motivate you to find the balance of being a productive member of society while enjoying an occasional side trip into the great unknown. You'll have more fun, and bust through burnout in the process.

Robin will address burnout from a perspective no one else is talking about. Through her photo-filled stories of real, unplanned adventures and her one-of-a-kind immersive activities, she inspires you to play more -- and takes it a step further by creating a safe space to experiment before you leave the room. Ask about the surprise snowball fight and kazoo battle!

This party with a purpose will help you examine your comfort zones and show you how being more spontaneous brings joy – to you, your family, your colleagues, and the people you do life with. Feel the freedom! You won't believe the benefits.

You can expect to feel connected, energized, and eager to make more memories... and ready to tell burnout goodbye. Find out why so many conference attendees have named this "over-too-soon" "breath of fresh air" their very favorite session!

LEARNING OBJECTIVES

Participants will:

- Grasp a fresh approach to time management with an emphasis on improving mental health of leadership and staff.
- Understand what burnout truly is by examining the World Health Organization's three characteristics of burnout.
- Develop an understanding of why stretching their comfort zones and being more spontaneous is so beneficial overall.
- Recall Robin's examples after the conference ends while feeling inspired to take more chances and make more memories in their own lives, trading burnout for joy.