

STEVE'S TOP-RATED KEYNOTE

# Full Potential

How to Perform Best Under Pressure



**According to a Harvard Medical School study, an astounding 96% of leaders said they experience feelings of burnout.**

How do you create a sustainable pace and sustainable success while feeling under pressure and stress? Steve Gutzler, President of Leadership Quest, is a renowned speaker and author on the science of Emotional Intelligence, stress resiliency, leadership, and sustainable success.

Steve has personally coached and worked with senior leaders and teams at a number of Fortune 500 companies and leading organizations, including Microsoft, Seattle Seahawks, Starbucks, the Ritz Carlton, Spotify, Boeing, along with several government agencies.

**Discover the FIVE SHIFTS to take your team's performance to the next level!**

**This dynamic keynote addresses the epidemic of stress and pressure.**

Through inspiring stories and real-life case studies, Steve explains how leaders today need to be both “smart and healthy”. How to avoid self-sabotage and burnout through the science of Emotional Intelligence and stress resiliency tactics. How to continue to operate at optimum levels while facing deadlines and challenging relationships.

## Key Takeaways:

- How to self-manage those 17% moments when interactions in business become challenging and pressure-packed.
- How to create stress-resiliency tactics for sustainable success
- How to operate at full-potential and tap into confidence, optimism, resiliency and enthusiasm
- How to remain healthy and recognize exhaustion and burnout is not considered a badge of honor
- How leaders help others manage, energy and emotion when it matters most
- Learn the five shifts to grow your influence, impact, and inspiration.
- Discover the power shift from victim to leader.
- Gain clarity around your MVP (Most Valuable and Profitable) accomplishments.
- Become both smart and healthy.

**STEVE GUTZLER** GROWING LEADERS AT EVERY LEVEL  
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