

“Motivational,  
Inspirational  
and Hilarious!”

jill  
TUPPER



## Jill Tupper M.A.

Professor UCSD Rady Center for Executive Development

A keynote speaker with boundless energy, Jill draws on her adventures climbing Kilimanjaro, working with M. Teresa’s Missionaries of Charity in Calcutta and running marathons & triathlons to ignite her audiences to live life as the adventure it is meant to be.



*“Nothing great was ever achieved without enthusiasm.” - Ralph Waldo Emerson*

*“Jill captivates her audiences and transforms their lives. She is a leading edge, game-changing keynote speaker.”*

**R. Randall Clark** CEO Sola Salon & YPO Denver



## LEADERSHIP IS A TRIATHLON

Triathletes swim, bike and run to cross the finish line; outstanding leaders train their body, mind and business to reach their peak potential.

Training for the triathlon of leadership taps into the super power of the mind-body connection for optimal wellness to catapult productivity, creativity and innovation.

This high-powered keynote challenges & inspires everyone to lead yourself 1st! Get powered up, body+mind+business & soar across the finish line.

## GOALS, GUTS & GRIT!

Setting the goal is the first step, but without the guts to go for it and the grit to stay with it, there is little hope of staying the course.

This high energy keynote equips everyone with powerful tools to move beyond the obstacles and stay the course in the face of opposition, create sustainable change and achieve their professional destiny.

## THE POWER OF PURPOSE

The power of purpose drives us beyond what we believe we are capable of achieving. It builds the strength & stamina to fuel our best, even in the face of daunting difficulties.

Emerging neuroscience reveals that the power of purpose is extraordinary in its ability to bring into focus what matters most, propelling us to our best selves in the face of our greatest opposition.

This action-packed presentation focuses on tapping into the unquestionable power of purpose.

*"Above all, I am impressed with Jill's way of inspiring a whole room of people within minutes of entering."*

**Tom Corso** VP MC Realtor Group

## HOW TO BE MINDFUL WHEN YOUR MIND IS ALREADY FULL

High achievers & CEO's alike know the undeniable force of the mind and its ability to make or break us. Our minds are being barraged by an overload of stress in our already full lives.

More than ever, high-powered leaders are waking up to the new evidence in neuroscience that mindfulness & meditation lowers stress & strengthens corporate leadership.

This keynote proves that it's not a one-size-fits-all solution with humor and practical tools to transform stress into success.

## CONQUERING DIGITAL DISTRACTIONS

### Half and Full Day Intensives

Digital overload has hijacked workplace productivity. It's time to wake up to the power we have given over to our devices and take back control.

Workplace stress skyrockets and profitability takes a hit when there is a demand to be plugged in 24/7.

This intensive is packed with tools to decrease digital distractions, control our technologies and put the power back in your hands.

This highly engaging, hands-on course is a game-changer.



***Book Jill to Make Your Next Event  
an Unforgettable Experience!***