

Thrive

Under Pressure

Stop Reacting.
Start Performing at Your Best.

For every organization or team navigating change, stress, and uncertainty



Pressure isn't the problem. Reactivity is.

Unexpected demands, difficult conversations, and uncertainty can pull us away from our best. We get in our heads. Lose focus. React in ways that leave us frustrated and disconnected. Our brain can start working against us when we need it most.

In this engaging keynote, Kevin Hekmat combines interactive exercises, research-backed techniques, and entertaining stories to help audiences recognize their reactive patterns, reset in the moment, and get their brain working for them.

From a glass dome in the Arizona desert to a monastery and an unforgettable ride on the other side of the world, Kevin takes audiences on a journey that changes how they see challenges and their ability to meet them. Along the way, they discover practical ways to regain clarity, build resilience, and choose how they want to show up.

Audiences leave with tools they can use in their very next conversation, decision, or unexpected challenge, giving them greater confidence for whatever lies ahead.

Audiences will:

- Recognize their reactive patterns and practice tools to reset in the moment.
- Regain clarity and focus when demands compete for their attention.
- Identify where they have choice and influence amid uncertainty.
- Reframe challenges as opportunities to build resilience and grow.
- Bring greater intention, connection, and purpose to their work and lives.

Leading

Under Pressure



Build trust. Lead with clarity.
Bring out the best in your team.

For leaders building trust and guiding teams through change

How you respond to pressure shapes how people respond to you.

When demands rise and the path forward is uncertain, your team looks to you for direction. But leaders feel the pressure, too. Decisions become rushed. Communication becomes strained. Without realizing it, we can pass our stress on to the very people we're trying to support.

In this engaging keynote, Kevin Hekmat uses interactive exercises, research-backed techniques, and entertaining stories to help leaders recognize their reactive patterns, regain perspective, and lead themselves and others more effectively.

Kevin explores how everyday responses shape a team's experience: whether people feel heard, how they navigate disagreements, and what happens when something goes wrong. He connects practical tools for resetting under pressure with a deeper understanding of leadership. Showing how every interaction is an opportunity to build trust, offer direction, and bring out the best in others.

Leaders leave better equipped to approach difficult conversations with curiosity, make thoughtful decisions, and support their people through uncertainty. Even when they can't control what comes next, they can take responsibility for what they bring to it.

Leaders will:

- Recognize their reactive patterns and reset before responding.
- Create space for clearer decisions and more effective communication.
- Understand how their presence and responses affect the people around them.
- Approach difficult conversations with curiosity instead of assumptions.
- Build trust and provide direction through their everyday actions.

Finding Purpose

Under Pressure

Reconnect with the meaning in your work and the difference you make.

For teams facing burnout, fatigue, and disengagement



It's not just what you do. It's how you show up.

When the days become a cycle of keeping up, putting out fires, and moving to the next demand, it's easy to lose sight of why our work matters. We can be busy all day and still feel disconnected from the people we serve and the difference we make.

In this uplifting keynote, Kevin Hekmat brings together entertaining stories, interactive reflection, and practical tools to help audiences reconnect with meaning in their everyday work.

Through an unforgettable encounter that changed his own understanding of purpose, Kevin explores how we create meaning through the way we show up. The attention we give a colleague. The patience we bring to a difficult interaction. The choice to make someone's day a little better. These moments give us opportunities to contribute, whatever our role.

Audiences leave with a renewed appreciation for their impact, practical ways to move beyond reactivity, and a stronger connection to the people and purpose behind their work.

Audiences will:

- Recognize how daily demands and reactive patterns can disconnect them from purpose.
- See the human impact of their work, even when it's easy to overlook.
- Find opportunities for service and connection in everyday interactions.
- Choose how they want to show up for colleagues, customers, and the people they serve.
- Translate a renewed sense of purpose into intentional, everyday actions.