

John Ball

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Keynote Title

Showing up for influence - Positive ways to enhance your performance and increase your impact

Keynote Description

We all have days when our performance falls short. Often, this isn't due to a lack of skill but a lack of emotional control. By learning to manage our emotions, we can improve our communication, boost our productivity, and enhance our overall well-being.



In this engaging presentation, I'll empower your audience to take ownership of their performance and interactions. They'll learn how to communicate with respect, empathy, and excellence, inspiring others to follow suit.

Learning Objectives

- **Identify** the hidden barriers to consistent, effective performance.
- **Master** the art of emotional regulation to break free from reactive patterns.
- **Elevate** your presence and well-being through simple, practical habits.

Testimonial

John Ball is a captivating speaker who keeps the audience on the edge of their seats. His ability to weave intricate stories with a touch of humour is truly remarkable. His deep engagement with the audience makes the experience feel personalised and interactive. His insights are thought-provoking, and his delivery is both informative and entertaining. I highly recommend John for any event seeking a truly engaging and memorable speaker.

Aida Diaz-Agero, Director of Customer Engagement, Cheemia ReSET

References

Rick Clemons, Head Coach, The Speaker Lab, rick@rickclemons.com

Jesse Eker, C.E.O., Harv Eker International / Own Your Business, Jesse@harveker.com