

Public Speaking Topics

Although these **keynote** topics are in his current public speaking package, Dr. J can also create additional presentations based on your individual needs.

1. Unlocking Mental Wellness

- **Description:** Strategies for achieving mental well-being in everyday life.
- **Learning Objectives:**
 1. Understand the importance of mental health.
 2. Learn practical techniques for maintaining mental wellness.
 3. Inspire proactive mental health practices.

2. Empowering the Next Generation

- **Description:** Inspiring youth to reach their full potential.
- **Learning Objectives:**
 1. Recognize the strengths and potential of young people.
 2. Explore strategies for youth empowerment.
 3. Motivate youth to pursue their dreams.

3. Leading with Purpose

- **Description:** Cultivating purposeful leadership in the workplace.
- **Learning Objectives:**
 1. Understand the principles of purpose-driven leadership.
 2. Learn how to inspire and motivate teams.
 3. Foster a community of purpose and passion.

4. Resilience in the Face of Adversity

- **Description:** Building resilience to overcome life's challenges.
- **Learning Objectives:**
 1. Define resilience and its importance.
 2. Learn resilience-building strategies.
 3. Inspire a resilient mindset.

5. The Power of Positive Thinking

- **Description:** Harnessing the power of positivity for success.
- **Learning Objectives:**
 1. Understand the impact of positive thinking.
 2. Learn techniques to cultivate a positive mindset.
 3. Motivate others to embrace positivity.

6. Transforming Stress into Strength

- **Description:** Turning stress into a source of strength and growth.
- **Learning Objectives:**
 1. Recognize the effects of stress on mental health.
 2. Learn strategies to manage and transform stress.
 3. Inspire a proactive approach to stress management.

7. The Future Leaders of Tomorrow

- **Description:** Preparing youth for leadership roles.
- **Learning Objectives:**
 1. Identify key leadership qualities in youth.
 2. Explore leadership development strategies.
 3. Motivate youth to take on leadership roles.

8. Mental Health Matters

- **Description:** Raising awareness and reducing stigma around mental health.
- **Learning Objectives:**
 1. Understand the importance of mental health awareness.
 2. Learn ways to reduce mental health stigma.
 3. Inspire a supportive mental health community.

9. Leading with Emotional Intelligence

- **Description:** Enhancing leadership through emotional intelligence.
- **Learning Objectives:**

1. Understand the components of emotional intelligence.
2. Learn how emotional intelligence enhances leadership.
3. Inspire leaders to develop emotional intelligence.

10. **Youth Voices: Shaping the Future**

- **Description:** Empowering youth to make a difference.
- **Learning Objectives:**
 1. Recognize the power of youth voices.
 2. Explore ways to amplify youth contributions.
 3. Motivate youth to engage in their communities.

11. **Breaking the Silence: Mental Health Conversations**

- **Description:** Encouraging open dialogue about mental health.
- **Learning Objectives:**
 1. Understand the importance of mental health conversations.
 2. Learn how to facilitate open and supportive discussions.
 3. Inspire a culture of openness and support.

12. **The Art of Resilient Leadership**

- **Description:** Leading with resilience in challenging times.
- **Learning Objectives:**
 1. Define resilient leadership.
 2. Learn strategies for leading with resilience.
 3. Inspire leaders to cultivate resilience in their teams.

13. **Empowering Parents: Supporting Youth Mental Health**

- **Description:** Equipping parents to support their children's mental health.
- **Learning Objectives:**
 1. Understand the role of parents in youth mental health.
 2. Learn effective support strategies.
 3. Inspire proactive parental involvement.

14. **Thriving Under Pressure**

- **Description:** Strategies for thriving in high-pressure environments.

- **Learning Objectives:**

1. Recognize the impact of pressure on performance.
2. Learn techniques to thrive under pressure.
3. Inspire a mindset of resilience and adaptability.

15. **The Power of Mentorship**

- **Description:** The impact of mentorship on personal and professional growth.

- **Learning Objectives:**

1. Understand the benefits of mentorship.
2. Learn how to be an effective mentor.
3. Inspire a community of mentorship.

16. **Youth Empowerment: Building Future Leaders**

- **Description:** Strategies for empowering youth to lead.

- **Learning Objectives:**

1. Identify key elements of youth empowerment.
2. Learn techniques to foster leadership in youth.
3. Motivate youth to take on leadership roles.

17. **Mental Health in the Workplace**

- **Description:** Creating a mentally healthy work environment.

- **Learning Objectives:**

1. Understand the importance of workplace mental health.
2. Learn strategies to promote mental well-being at work.
3. Inspire a supportive workplace climate.

18. **The Journey to Self-Discovery**

- **Description:** Exploring the path to personal growth and fulfillment.

- **Learning Objectives:**

1. Understand the process of self-discovery.
2. Learn techniques for personal growth.
3. Inspire a journey of self-exploration and fulfillment.

19. **Leading with Compassion**

- **Description:** The role of compassion in effective leadership.

- **Learning Objectives:**

1. Define compassionate leadership.
2. Learn how to lead with compassion.
3. Inspire leaders to integrate compassion into their leadership style.

20. **Youth Mental Health: A Call to Action**

- **Description:** Addressing the mental health needs of young people.

- **Learning Objectives:**

1. Recognize the mental health challenges faced by youth.
2. Learn effective support and intervention strategies.