SESSION DESCRIPTIONS

Leading at the Speed of Change: Neuroscience-Backed Strategies to Build Unshakable Resilience

The pace of change isn't slowing down; it's only going to speed up. Today's leaders are expected to guide their teams through shifting demands, tight timelines, and unpredictable challenges while keeping morale high and burnout low.

The pressure to perform is constant, and the cost of losing focus, energy, or connection with your team has never been higher.

In this high-energy and highly interactive session, TEDx speaker and international keynote presenter Jay Abbasi weaves together storytelling, cutting-edge neuroscience, and the latest research in human psychology to create an experience that doesn't just inform, it transforms.

Drawing from real-world experience coaching leaders at Google, Amazon, TikTok, and more, Jay blends mindfulness practices and practical frameworks with narrative depth that makes the science feel human and the strategies feel personal. Participants will engage in thought-provoking exercises and real-time reflections designed to spark insight and turn ideas into action. This isn't a passive lecture, it's a journey that equips leaders to apply "The Resilience Formula" for sustained success.

Learning Objectives:

Resilience Strategies — Leave with science-backed tools to manage pressure, recover from setbacks, and drive results even when facing last-minute changes, resource constraints, or unexpected disruptions.

Sharpened Focus — Learn how to stay centered, avoid mental distractions, and protect your own focus so you can make clear decisions and model calm for your teams during high-stress moments.

Tools to Lead Through Crisis — Gain practical methods to support your teams so they perform at a high level, avoid burnout, and feel psychologically safe in a constantly shifting environment, without sacrificing your own well-being in the process.

Speak Their Language: How to Influence Without Authority

In today's complex organizations, the most important work rarely happens through direct authority. It happens through relationships, trust, and the ability to move people who don't report to you, including colleagues, stakeholders, vendors, clients, and cross-functional teams who all have their own priorities, pressures, and agendas.

In this interactive session, TEDx speaker and leadership expert Jay Abbasi shares practical strategies to build influence from wherever you sit in an organization. Drawing from real-world experience leading national programs and coaching leaders at Google, Amazon, and beyond, Jay reveals the tools that help professionals earn buy-in, navigate resistance, and drive results, without relying on a title to do it.

Learning Objectives:

Persuasive Influence — Discover techniques grounded in the latest research in human psychology to earn trust, shape decisions, and inspire action from the people around you, regardless of your position on the org chart.

Relationship Power — Learn how to cultivate authentic connections that create alignment and reduce resistance, even when priorities conflict and stakes are high.

Confidence Under Pressure — Gain actionable tools to stay composed, communicate clearly, and lead with credibility when the pressure is on and formal authority isn't available.

Raise the Standard: How High-Performing Leaders Build Accountability Without Losing Trust

In high-performance environments, the difference between teams that consistently deliver and teams that struggle isn't talent, tools, or even effort; it's the standard they hold themselves to every single day. When standards slip, so does execution. When execution slips, so do results. And in fast-moving, high-pressure industries where margins are tight and clients have options, that gap is one no leader can afford to ignore.

In this high-energy and highly interactive session, TEDx speaker and international keynote presenter Jay Abbasi blends behavioral science and real-world leadership experience to create an experience that makes accountability feel less like a confrontation and more like a culture. Drawing from experience coaching leaders at Google, Amazon, TikTok, and more, Jay delivers a session that challenges professionals to stop waiting for circumstances to change and start raising the standard from wherever they stand.

Participants will engage in reflection exercises, live discussion, and hands-on activities designed to produce immediate clarity and shift behavior from the moment they walk out the door. This isn't a passive lecture, it's a call to lead differently, starting now.

Learning Objectives:

Personal Ownership — Build the internal systems that strengthen consistency, follow-through, and performance under pressure, so results don't depend on perfect conditions or constant oversight.

Accountable Leadership — Learn how to hold others to higher standards with both confidence and empathy, creating a culture where people rise to the bar rather than resent it.

Execution Under Pressure — Gain practical tools to stay focused, adaptable, and aligned on what matters most when the pace is fast, the stakes are high, and the margin for error is low.