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Keynote Proposal

“Shedding Shame and Restoring Resiliency:
Unlocking the Productive Power of Your People”

Abstract

Every human is born resilient. As a species we would not have survived this long without resilience. But childhood trauma, such as poverty, abuse, and neglect often result in deep-seated feelings of shame. Shame is the secret killer of innovation. It affects our relationships and prevents us from being fully engaged with our families and our work associates. As a result, we lack the courage to speak up and be heard. But most importantly, it keeps us from being authentically ourselves. In this program, I share my own experiences as a victim of shame and a recovering alcoholic to lead audiences through my five step **HEALS™** process to developing humility, recovering our innate resiliency, and achieving authentic empowerment.

“Whether in small venues or enormous auditoriums with hundreds of people, Tate’s able to get connected with the audience, let them understand, be persuaded, and learn something.”

– Steve B., Attorney

Learning Outcomes

1. Develop an understanding of how authentic self acceptance impacts an individual’s contributions and overall performance in an organization.
2. Learn the secret to gaining a real understanding of who you truly are and honestly accepting yourself..
3. Learn how you and your team can apply the secret weapon to shedding shame and restoring resiliency.
4. Create a personal and organizational action plan to apply honest self-acceptance to your everyday life and apply the five step **HEALS™** process to improve communication, innovation and creativity in your organization.

Program Format Options

My five step process is appropriate for all audiences, in particular those who are struggling with self-empowerment and/or addiction. In addition, the process benefits both treatment professionals and managers in for-profit and nonprofit organizations

- This is an upbeat 40-60 minute keynote that highlights restoring resilience and overcoming the chilling effects of shame.
- This can also be a 3 hour program that can include: the keynote, a book signing, an extended meet and greet, or a question and answer session.
- Workshop/Breakout Session Option includes interactive **HEALS™** session with accompanying workbook.