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## Deep Bravery: Digging Deep and Achieving More

What I know for certain is that your life will shrink or expand in direct proportion to your comfort level with bravery. Deep Bravery is your willingness to go to the very limit of your self-control and rational thinking, and trust the process. It's your ability to trust that we all have a wellspring of Deep Bravery that resides within us, waiting to be tapped and called upon. This is a space that is often disguised as a terrifying choice where you could fail horribly, but with practice you realize that you can expand your opportunities tremendously if you trust your instincts. It often feels like jumping into the deep end and throwing out the life jacket. It's akin to stepping off the edge of a cliff and taking the big leap. But, the difference is that when you are prepared, have done the work and heavy lifting- even though it's scary- you have the ability to soar and achieve more than you ever thought possible. And, that's where lives start to change.

Never before have we seen so many opportunities for women to lead and, yet, women tend to be more risk-averse and prone to stepping away from instability, insecurity, or lack of certainty. More than ever, we need women to be willing to step courageously into the unknown. And, that is precisely what this keynote will help women harness. The goal is to make you see, feel and experience your power-- ultimately, to help you be unstoppable!

In this supercharged and motivational keynote you will learn to:

- Recognize the patterns of the brain that trick you into playing it safe
- Override the signals that your brain is giving you in order to tap into your Deep Bravery
- Reframe your fear and find the truth in your capabilities and desires
- Notice the habitual ways you shrink your spaces, so you can flip the script and start expanding your opportunities
- Strategically identify the potential landmines to guarantee greater success
- Use your voice, position, and bravery to take up space and speak truth to power