

true you A PERSONAL CODE FOR LIFE AND LEADERING

Who we are is how we show up



We're in the midst of a crisis of confidence and purpose. Untethered, with little to anchor our choices to within, we look outside ourselves, making us vulnerable and fragile in a turbulent and complex world.

Know your truth. Live with honour. Be love in the world.

These touchstones in turbulent times are a way to show up in the mud of life and get through it clean. Without them we're dancing in the dark on autopilot – tripping and stumbling without knowing why.

In this inspiring keynote we'll explore:

- Why we are untethered
- What it means to know our truth, live with honour and be love in the world
- The difference this personal code could make