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Proposal

# SPEAKER PROPOSAL

Project ID #3889/74222

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Prepared for:

SAMPLE

Proposal Issued:

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Proposal valid to:

8/15/2024

Project Manager Contact

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# Hello EVENT TEAM,

I know helping your members find resilience and hope is critical in these rapidly changing times. I'm excited to provide this proposal.

I work with leaders and event planners to deliver presentations that address current challenges and initiatives:

- Staying motivated in challenging times
- Helping leaders motivate their people through change & disruption
- Developing realistic and productive work-life balance

Your people will come away inspired, equipped to thrive under stress, and with a sincere appreciation for your investment in them.

Here is some related feedback:

Dear Andy,

Thank you for providing a valuable experience for both our AAMSE County CEO Event and our AAMSE Annual Conference. I'm excited to tell you that you were named our "Top Influencer" at this year's convention! You provided a great mix of research, humor and practical ideas that resonated with our members. In short, I appreciate how you helped us:

- Remind our attendees how meaningful our work is;
- Show clear ways to improve productivity in a rapidly changing industry; and
- Demonstrate, as an organization, that we sincerely care about our members, both professionally and personally.

Please consider AAMSE a very satisfied client.

Sincerely,

Dale Singer, MHA

AAMSE President

I look forward to helping your people to thrive under high demand.

-Andy Core, Ph.D.

Performance Psychologist, Researcher, Author, and Speaker

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## Let me introduce myself, I'm Andy.

With a doctorate in performance psychology, I have dedicated over twenty-six years to researching ways to help people excel in today's high-demand workplaces. I am excited to help your team develop a resilient advantage in work and life.



### Andy Core, Ph.D. By The Numbers

- Over 1,100 presentations on 3 continents (North America, Asia and Europe)
- 5 Star peak performance author (Wiley Publishing, NY, NY)
- Over 2 decades of experience as a researcher, author, and speaker
- 3 Professional degrees (BS Pre-Med, MS Human Performance, PhD Performance Psychology)
- Client change that lasts up to 13X longer than the national average

## CORE PHILOSOPHY

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### PROBLEM

Challenging situations eventually sabotage productivity, attitudes, and retention.

### SOLUTION

Today's healthcare professionals need the thinking and resiliency skills that enable them to take more value-based actions in challenging situations.

### SERVICES

My Resilient Advantage framework bridges a crucial gap: Most professionals have not been taught the mental skills needed to succeed in difficult circumstances, especially as students. Therefore, I offer programs that evaluate and teach the mental skills and daily strategies proven to enhance performance in challenging situations.

## My Most Requested Topics.

**Each presentation below has earned top-rated speaker honors.** I will customize your presentation to your goals, audience, and location.

### ***Change Your Day, Not Your Life***

The great paradox is this: hard-working adults who strive to achieve more often end up defaulting to a daily routine that undermines their ability to succeed. But the secret to escaping the paradox is surprisingly simple: Change Your Day, Not Your Life.

### ***Resiliency Focused Leadership: Communication strategies that inspire people to take action***

This program teaches leaders how to energize their people and themselves when challenges hit. Your leaders will learn three evidence-based ideas and a formula they can use to better manage times of high workload and organizational or industry change. They'll also discover how to communicate that change in a way that improves focus and moves people into action.

### ***Life Balance & Redefining Humanly Possible***

Today's work culture has us constantly running 90mph with our hair on fire, and tomorrow will be even faster. The good news is that what we yearn for — a better balance of life and work — is actually the solution to the “do more-with less” dilemma. In this program, you'll learn how to improve your balance, productivity, and ability to stay motivated in turbulent times.

### ***(Your Topic Here)***

I frequently custom design presentations for my clients. Most common requests include improving commitment during change, reducing stress and burnout, or providing a "thank you" work-life balance program.

## Formats Available

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### Keynotes/Endnotes



### Workshops/Preconferences



### Virtual Conferences



## Video Previews.

Paste the link into your favorite browser to view the video(s). More available upon request. Go to: [www.andycore.com/videos](http://www.andycore.com/videos)



### Keynote Demo

"He delivers his message with such enthusiasm, you can't help but want to make changes to your own personal life and influence those around you." - Chair, California Purchasers Health Care Coalition



### SUCCESS UNDER STRESS Series

"In less than two weeks Andy's video on willpower jumped to the top 20 most viewed videos on SUCCESS.com's Youtube channel"



### Pre-event Keynote Promo Video

"This video aided in driving the most attended event on record, and having to open up two over flow rooms"

## My Recent Work.

“**Last week was really such a win for us-** I so appreciate your keynote that kicked us off on the right foot. Everyone really got a lot out of your presentation- and especially for this year it was a message that they both wanted and needed to hear. I truly thank you for investing the time in learning the vernacular of the aging services realm. I know the participants felt that you were speaking to them and using their language and understanding their frustrations and concerns. So thank you again and please stay well! - Jean Harpel MSN RN GCNS CPASRM Operations Manager PSRQ Aging Services

“Your Keynote at our WIN Leadership Event was nothing short of **‘beyond expectations.’** Our group loved how you tied in research data, personal experience, and contextual humor into simple and convincing steps.” - Program Manager, Intel

"Andy, our investment in bringing you in as Keynote speaker for both of our larger events **produced a great ROI.** - CEO, The Institute of Finance and Management

“You were named our **'Top Influencer'** at both our County CEO event and our Annual Conference.” - American Association of Medical Society Executives President

“The fact that I **rehired you on the spot** says it all.”  
- VP Sales, OnMedia

“Andy was the **perfect balance** between humor and concrete advice.” - VP, Equity Residential

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## Clients Who HIRED, then REHIRED.

- Cigna 3X
- Ernst & Young 6X
- IFEBP 7X
- ING 3X
- Mercy Health 4X
- ICA 2X
- LEADERCON 3X
- ADP 6X
- ARMY National Guard 5X
- Coldwell Banker 14X
- Blue Cross Blue Shield 8X
- California State Univ 8X
- INTEL 23X
- CMAA 13X
- CNA 2X

## Fees. You Have Choices.

Below outlines services and investment choices. I'm happy to walk you through these options or brainstorm a package to fit your goals.

### KEYNOTE

#### Keynote

(up to 90 minutes)

#### Your investment includes:

- Personalization of presentation via phone interviews
- Handout/Learning Guide
- Pre-event promo video
- 90 day attendee access to Andy via his personal email and 800#
- *Change Your Day, Not Your Life* books discounted \$23 to \$15.95 plus s/h.

#### Keynote Fee:

### WORKSHOP

#### Keynote & Breakout

(up to 90 minutes each)

#### Your investment includes:

- Individual Resiliency Report for each participant (sample on next page).
- Personalization of presentation via phone interviews with the event leadership team and/or attendees
- Handout/Learning Guide
- Pre-event promo video
- 90 day attendee access to Andy via his personal email and 800#
- *Change Your Day, Not Your Life* books discounted \$23 to \$15.95 plus s/h.
- Resiliency Report: \$2500 (Waived)

#### Workshop Fee:

### TIME SPACED LEARNING

#### Keynote/Follow-On Series

Keynote & 3 follow-on virtual presentations (30 min ea)

#### Your investment includes:

- Individual Resiliency Report for each participant (sample on next page).
- Personalization of presentations via phone interviews with the event leadership team and/or attendees
- Handout/Learning Guides
- Pre-event promo video
- Free access to Andy via his personal email and 800# for attendees during program
- *Change Your Day, Not Your Life* books discounted \$23 to \$15.95 plus s/h.
- A success report you can share with stakeholders.

#### Investment: