

*Live Better. Live Longer. Live Fully.*



## Patrick O'Donnell

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## Keynote Proposal

Designing Life-Defining  
Experiences:

*How to Overcome Reactive Living  
Through Peak Performance and  
Intelligent Systems to Transform  
Family, Career, and Impact*

## Abstract

Many leaders live reactively - responding to demands instead of intentionally designing their lives.

In this keynote, Patrick O'Donnell shares how he designed and led a family adventure to travel the world for a year with his wife and two boys - while maintaining peak performance and running a business.

This was not a sabbatical, but a deliberate application of the same performance and systems principles used to drive results in business.

In this transformational session, attendees design their own life-defining experience and learn how to apply a proven, systems-based framework to make it real - enabling them to live with greater intentionality across family, career, and impact.

## Audience Takeaways

1. Identify the hidden cost of reactive living on leadership and impact
2. Design a clear, life-defining experience aligned with priorities
3. Apply a proven, systems-based framework to make it real
4. Integrate peak performance principles without sacrificing growth
5. Live and lead with greater intentionality across family, career, and impact