



# BELIEVE YOU'RE UNSTOPPABLE

HOW I WENT FROM PARAPLEGIC TO MARATHON RUNNER



*Ian* **BOWEN**  
Positive Persistence

## DESCRIPTION

Surveys have shown that approximately 70% of people experience feelings of inadequacy or self-doubt, which prevent them from embracing their challenges and relentlessly pursuing their dreams.

Those who struggle with self doubt are often unaware that they can cultivate their mindset to embrace the impossible. And that the power of belief, resilience, and unwavering persistence can transform challenges into triumphs

## TAKEAWAYS

In this keynote, attendees will explore the concept of empowerment through belief, understanding the crucial importance of self-belief in achieving seemingly unreachable goals. They will learn how to develop resilience and persistence when faced with life's challenges, utilizing practical strategies applicable in both personal and professional contexts. Participants will discover effective methods for setting realistic goals and breaking them down into actionable steps, making the journey to success more manageable and motivating. Ultimately, they will leave the session with a renewed sense of motivation and the tools necessary to transform obstacles into opportunities for growth and success.

## OBJECTIVES

- Inspire attendees to adopt a mindset of positivity and persistence in the face of adversity.
- Provide practical strategies for overcoming challenges and achieving personal and professional goals.
- Encourage participants to share their own stories of resilience and motivate them to conquer their next challenge

## OUTCOMES

Audience will leave with a renewed sense of purpose and motivation to confront their own challenges, equipped with actionable tools and techniques to enhance their resilience and goal-setting skills. By tapping into their potential for greatness, individuals will start to create the next best version of themselves.





# THE POWER OF POSITIVE PERSISTENCE

UNLOCKING RESILIENCE IN LEADERSHIP



*Ian* **BOWEN**  
Positive Persistence

## DESCRIPTION

According to Gallup research 82% of companies have poor performing employees in management roles. This statistic highlights a major problem with identifying and selecting effective leaders within companies, which means a large majority of managers may lack the necessary skills to effectively lead teams.

Gallup estimates that the lack of leadership capability in the U.S. can cost corporations up to \$550 billion annually.

This engaging talk will challenge leaders to embrace a mindset that fosters growth, adaptability, and perseverance, equipping them with the tools to navigate obstacles and inspire their teams. At the same time illustrating how resilience and unwavering determination can unlock potential and drive success.

## TAKEAWAYS

Leaders will gain valuable insights into the concept of positive persistence and its potential to reshape their leadership approach during team or 1x1 mtgs. They will learn effective strategies for cultivating resilience both in themselves and within their teams, fostering an environment that encourages support and growth. Attendees will discover techniques for adapting to challenges and setbacks, transforming them into opportunities for development. Ultimately, they will leave with actionable methods to inspire and motivate their teams, creating a culture that embraces persistence and achievement

## OBJECTIVES

- Inspire leaders to adopt a mindset of positive persistence in their leadership styles.
- Provide practical strategies for enhancing resilience and adaptability in the face of challenges.
- Empower participants to motivate and uplift their teams, fostering a supportive and productive work environment.

## OUTCOMES

- Audience will develop a renewed commitment to resilience and persistence in their leadership practices.
- Participants will acquire practical tools and techniques for enhancing their leadership effectiveness.
- The event will create a collaborative atmosphere, encouraging attendees to share experiences and support each other in their leadership journeys.





# LEAD AND TEACH WITH IMPACT

THE TRANSFORMATIVE POWER OF POSITIVE PERSISTENCE



*Ian* **BOWEN**  
Positive Persistence

## DESCRIPTION

According to research from the Education Week Research Center, a national study of over 600 K-12 teachers found that nearly all (98%) teachers believe that integrating a growth mindset into their classrooms will lead to improved student learning; indicating a widespread support for growth mindset approaches among educators.

However, teachers all too often aren't sure how to implement this. In this impactful presentation, Ian shares his insights on how educators can instill a mindset of resilience and determination in their students, equipping them to face challenges head-on. By drawing on his personal journey and proven strategies, Ian empowers educators to foster an environment where students learn to embrace persistence as a key to their success. This keynote is designed to inspire teachers to teach mindset and effectively cultivate positive persistence in their students.

## TAKEAWAYS

- **Understanding Positive Persistence:** Gain clarity on the concept of positive persistence and its significance in the educational context.
- **Strategies for Instilling Persistence:** Learn actionable methods to help students develop resilience and a growth mindset, fostering their ability to overcome obstacles.
- **Creating a Supportive Environment:** Discover how to build a classroom culture that encourages risk-taking, collaboration, and perseverance among students.
- **Tools for Impactful Teaching:** Leave with practical techniques to inspire and motivate students, helping them recognize the value of persistence in their learning journeys.

## OBJECTIVES

- Inspire educators to embrace the principles of positive persistence in their teaching practices.
- Provide practical strategies for cultivating resilience in students, enabling them to thrive in challenging situations.
- Empower teachers to create a classroom environment that celebrates persistence and supports student growth.

## OUTCOMES

- Attendees will acquire a renewed sense of purpose in their teaching, committed to instilling persistence in their students
- Participants will walk away with actionable tools and techniques that they can implement immediately in their classrooms.





# TURNING SETBACKS INTO COMEBACKS

HARNESSING THE POWER OF POSITIVE PERSISTENCE



*Ian* **BOWEN**  
Positive Persistence

## DESCRIPTION

Join Ian Bowen, a motivational speaker and resilience expert, as he empowers graduating students to transform setbacks into comebacks through the power of positive persistence. In this inspiring presentation, Ian shares his personal journey of overcoming challenges and offers invaluable insights into how students can navigate the uncertainties of the future with confidence. Through engaging stories and practical strategies, Ian equips graduates with the tools they need to embrace resilience, adapt to change, and pursue their goals with unwavering determination. This keynote is designed to inspire students to view setbacks as stepping stones to success.

## TAKEAWAYS

- **Understanding Positive Persistence:** Learn what positive persistence means and how it can be a game-changer in personal and professional pursuits.
- **Tools for Resilience:** Discover actionable strategies for building resilience, including mindset shifts and practical exercises to handle adversity.
- **Adapting to Challenges:** Gain insights into how to embrace change and turn obstacles into opportunities for growth and success.
- **Actionable Steps for Success:** Leave with a clear roadmap of steps to take in the face of setbacks, empowering students to stay focused on their goals and dreams.

## OBJECTIVES

- Inspire graduates to harness the power of positive persistence as they transition to the next phase of their lives.
- Provide practical tools and strategies that students can apply to navigate challenges and setbacks effectively.
- Empower graduates to cultivate a resilient mindset that embraces growth and adaptability in an ever-changing world.

## OUTCOMES

- Audience will walk away with a renewed sense of optimism and determination to tackle future challenges.
- Participants will acquire actionable tools and techniques to foster resilience and maintain focus on their goals.
- The event will create a supportive atmosphere where graduates can connect, share experiences, and motivate one another as they embark on their new journeys.





In a world increasingly dominated by AI and automation, Ian Bowen stands out as a beacon of inspiration, demonstrating that the unique human capability of harnessing and projecting personal energy is not just an asset—it's a necessity for success. As a seasoned leadership coach and renowned speaker, he has transformed the abstract concept of personal energy into a tangible tool that can propel individuals and organizations across multiple industries to new heights.

Ian's journey of positive persistence is rooted in his own transformative experiences. His insights are not merely theoretical; they are grounded in real world application, personal growth and resilience. Showcasing how setbacks can become powerful comebacks when approached with the right mindset.

By sharing his compelling story and practical strategies, Ian empowers teachers, students, athletes and leaders to tap into their personal energy, enhancing their ability to lead, inspire, grow and thrive in today's dynamic environment.

**Invite Ian to Speak**

