# Bounce forward with a smi)e

What happens when employees face adversities and challenges? In this keynote, Avi Liran equips individuals and organisations with the tools to turn challenges into opportunities and overcome these hurdles. Through practical strategies and personal anecdotes, Avi will help you find humour in the face of setbacks, celebrate progress and cultivate a sense of ownership, no matter the obstacle.

Keynote: 45-90 mins Workshop: 0.5 - 1 day

## Who is this for?

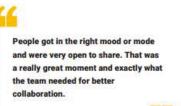
Bounce Forward with a Smile is tailored for anyone looking to strengthen their resilience, from front-line teams to executive leadership.

### Why your organisation needs this?



#### STRENGTHEN RESILIENCE

Learn to navigate setbacks with a positive outlook.



Johannes Sprafke, Head of Regional Commercial Excellence & Digital,

## ENCOURAGE GROWTH

Find opportunities for improvement amidst challenges.

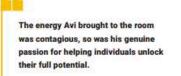


Elmar Lutter, President & CEO. 🕝 Lufthansa Technik



ENHANCE PERFORMANCE Optimism as a tool for boosting

productivity.









### Learn Fun & Practical Resilience Strategies

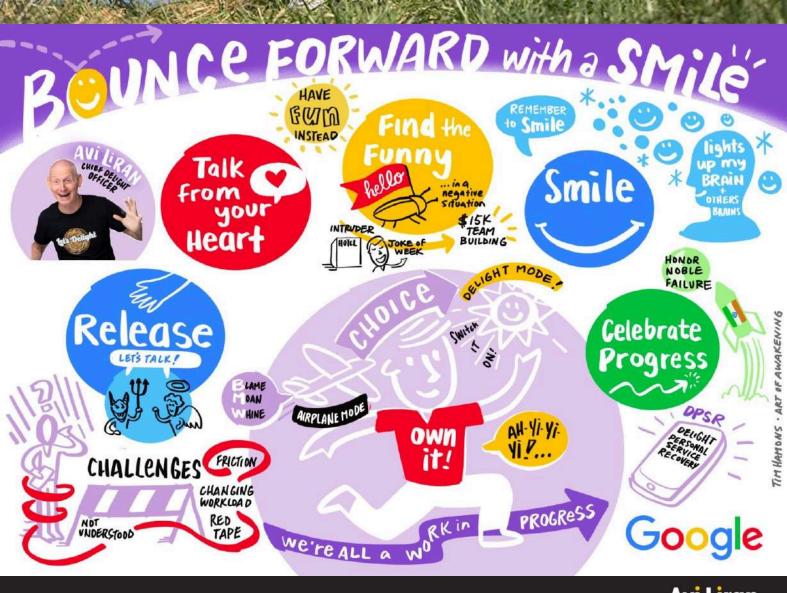
- **Release Frustrations:** Vent your emotional pain and shed negative thoughts. Steer clear of blame and shame. Switch to a solution mindset, sparking creativity and enriching relationships.
- **Speak to Their Heart:** Instead of reacting impulsively, choose to connect with the other person's heart. This act of grace inspires kindness and brings out the best in all of us.
- **Find the Funny:** Lightning up during tough times eases burdens for everyone. It helps to dissolve negative vibes, fosters a spirit of goodwill, and lifts everyone's spirits.
- Smile Amid the Adversity: Elicit the release of the natural stress-relievers and moodlifters neurotransmitters like endorphins and serotonin to uplift well-being.
- **Confident Courage:** Unlock the power to face fear head-on and take action regardless. Break free from self-limiting beliefs and uncover the powerful link between your thoughts, feelings, and actions. Transform hesitation into confidence to soar.
- Celebrate Progress Amid Failure: Appreciating efforts and progress in the face of failure fuels motivation. Rebuild confidence. Encourages a culture of taking risks, rapid learning, and persistent trying.
- **Taking Ownership:** Taking responsibility for our mistakes and the hurt they cause, creates space for everyone to heal, rebuild trust, and recover relationships.







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Avi Liran

Avi Liran (CSP) is Global Chief Delighting Officer and energetic motivational speaker who goes above and beyond to deliver tangible results to organisations. As the embodiment of Contagious Positivity, he's celebrated for leading businesses toward profitability with a smile. Avi's approach is a masterclass in how to reshape the very core of a business with delightful mindsets, particularly through joy and appreciation in the workplace. This transformation creates the contagious positivity that leads to significant improvements in performance, employee wellbeing and customer satisfaction.

Having helped many Fortune 500 companies achieve profound transformations, Avi's philosophy is simple: delight your people, and they will delight your customers. This contagious wave of positivity is the secret ingredient to a thriving business environment, one that Avi has successfully instilled in organisations worldwide. Through his engaging, heartfelt and dynamic speaking style, Avi ignites long-lasting change, one keynote, one workshop at a time.

With Avi, you don't just gain a motivational speaker; you gain a transformational leader and partner in building a business that champions employee and customer delight as the pathway to greater profits and sustained growth. Engage Avi and spark Contagious Positivity in your organisation today.



**Contagious Positivity** 

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TIFFANY&CO.	GuyCarpenter	Marriott			ALL DIMITLESS	Fairmont	swissôtel
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