

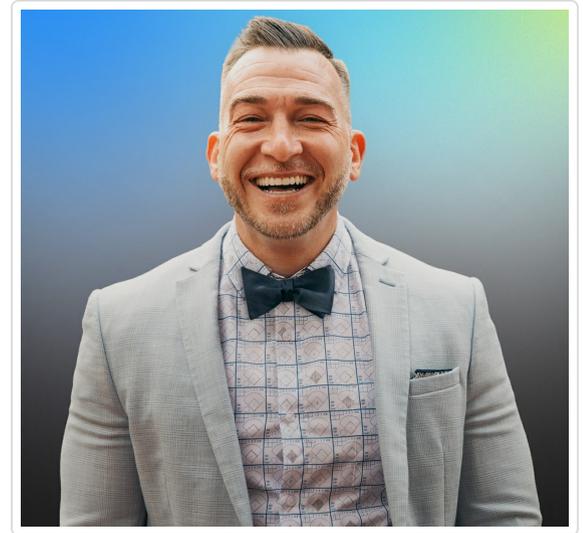
# Paul J Long

**Creating UNBEATABLE organizational culture that energizes teams, fuels engagement and makes work more meaningful**

Please contact a GDA agent for information.

## Topics

- Connection & Belonging
- Customer Relations & Experience
- Employee Engagement
- Inspiration & Achievement
- Leadership
- Mental Health & Stress Management
- Motivation
- Resilience
- Workplace Culture



## About Paul J Long

Paul J. Long is a leadership and culture expert who teaches organizations the principles of Fundamism™—a deliberate approach to connection that creates unbeatable workplace cultures.

In organizations today, there's a critical disconnect: leaders are overwhelmed, teams are carrying the weight of constant change, and yet companies expect exceptional cultures. Paul's work addresses this gap by showing that culture isn't something we fix—it's something we create through deliberate choices.

Drawing from his experience answering 80 customer service calls daily and leading teams of thousands for a Fortune 300 company, Paul developed Fundamism through real-world application. His methodology centers on three simple, actionable practices: owning what you can control, breaking cycles through brain pattern interrupts, and creating moments that matter.

His dynamic keynotes—"Culture By Design," "Beyond Satisfaction," and "The Unforgettable Leader"—equip leaders and teams with immediate strategies to reduce overwhelm, energize teams, and build cultures where people thrive.

As host of The Fundamism Podcast, Paul shares practical insights with culture champions who are transforming their organizations through the power of deliberate connection.

## Select Keynotes

- **Culture by Design: Transforming Workplaces One Brain Pattern Interrupt at a Time**

No wonder our minds habitually focus on what's wrong and why we're frustrated instead of where we *could* be and what it would take to get there. This is where Fundamism™ changes everything.

Workplace culture expert Paul J. Long has discovered a powerful truth: Culture isn't something you fix—it's something you create through moment-by-moment choices. Through his principles of deliberate connection, he teaches leaders and teams how to implement "brain pattern interrupts" that shift attention from problems to possibilities.

The insight is simple but profound: **You can't be deliberate and overwhelmed at the same time.**

When you become intentional about how you show up, how you connect, and where you focus, you transform your experience—and your organization's culture.

### This keynote is ideal for:

- Leaders tasked with improving workplace culture and employee experience.
- Teams navigating significant change or challenging market conditions.

### Audiences will walk away with:

- ◆ Practical “brain pattern interrupt” techniques they can implement immediately.
- ◆ A framework for creating meaningful interactions that enhance team connection and create more of “what’s good.”
- ◆ A renewed sense of purpose and meaning in their daily lives.

- **Beyond Satisfaction: Creating Customer Experiences That People Just Can't Stop Talking About**

**Awe-inspiring customer service experiences build strong customer loyalty, lead to positive word-of-mouth referrals, and give organizations an unbeatable edge. How do we create those kinds of experiences consistently?**

Culture keynote speaker Paul J. Long knows what it looks like to carry the burden of that responsibility on your shoulders. As an insurance underwriter early in his career, answering 80 customer service calls a day, he knew he had to develop thick skin or try something different.

His willingness to try anything—from finding creative ways to answer the phone to making someone feel truly seen and appreciated—became an entire way of *being*.

Today, he teaches the principles of Fundamism™ to uncover exactly what it takes to make people smile, laugh, and feel truly valued.

**This keynote is ideal for:**

- ◆ Frontline staff who deal with frustrated or challenging customers regularly.
- ◆ Leaders responsible for customer experience, satisfaction, and loyalty metrics.
- ◆ Customer service teams and representatives seeking to elevate their impact.

**Audiences will walk away with:**

- ◆ Practical techniques to transform routine customer interactions into memorable experiences.
- ◆ Specific approaches to make customers feel truly seen, heard, and appreciated.
- ◆ Tactical tools to make people smile, laugh, and feel genuinely valued.

- **The Unforgettable Leader: How to Create a Team No One Ever Wants to Leave**

**In today’s challenging talent landscape, one truth stands out: people don’t leave companies—they leave leaders.**

What separates forgettable managers from truly unforgettable leaders? They build the kind of teams no one wants to leave. But when leaders themselves feel disconnected, how can they possibly create the kind of cultures everyone wants to be a part of?

After leading teams of thousands for a Fortune 300 company, Paul understands these critical make-or-break moments. In this deeply impactful keynote, he shares how exceptional leadership isn’t about grand strategies, but deliberate choices that make people feel seen, valued, and energized every day.

**This keynote is ideal for:**

- ◆ Leaders who are struggling to retain top talent.
- ◆ Managers who want to build stronger, more connected teams.

**Audiences will walk away with:**

- ◆ Practical ways to boost morale, trust, and retention.
- ◆ A mindset shift from managing performance to energizing people.
- ◆ Immediate actions to become the kind of leader people choose to follow.

**Select Book Titles**

- **2018:** Fundamism: Connecting to Life Through F.U.N.

**Select Articles**

- [Mogul of Motivation](#)
- [Meet Paul Long of Fundamism](#)

**Select Testimonials**

"Paul's engaging personality and energy resonate deeply with our teams. What's more impressive is his thoughtful approach, thorough research, and clear understanding of how to drive our specific business forward."

— Eric, Triumph Financial, Inc

"Paul brought the vibe, energy, humor, and positivity - recharging attendees and setting the tone for the rest of the day. His enthusiasm for life, animated stage presence and message are unmatched."

– *Jaime, DirectEmployers*

"I thought it was impossible to find a speaker that 600 different people could connect with at once, but Paul made it happen! The feedback from attendees was incredible as were his tips on how to improve relationships and communication."

– *Katie, NORM*

"If you're looking for someone who brings the energy, interacts with your audience, keeps you guessing, has fun, motivates your team, and leaves everyone with real-life takeaways -- YOU NEED PAUL!"

– *Lauren, Newkirk Novak Construction Company*

"Paul Long is legitimately one of the best keynote speakers I've ever hired. His presentation was superb--I was thrilled by his energy, personality and practical ideas that could be implemented immediately."

– *Rebecca, ACDIS*

"Paul lights up a room. He's a true professional and builds an energy like no one I have ever worked with."

– *Rob, AT&T*

## Select Client Feedback

I don't know where to begin on my feedback and experience with Paul Long. From the personalized video prior to making our final closing keynote speaker decision, his engagement with our attendees prior to session, his incorporating himself to our team for the "Dinner with the Family" reception, to the most dynamic, engaging, and let's not forget FUN closing keynote speaker. Paul Long was EXCATLY the speaker we needed for our conference. He delivered such an energetic, captivating and tactical presentation. This was the first time we had a motivational speaker not only provide attendees with inspiration, quite a few laughs but most importantly tactical FUNdamentals our attendees walked away with to apply in both their work and personal life. We could not be more happy with having him as part of our conference. He was a very different speaker than we have had in the past and so thrilled to have gone with him. It was the perfect FUN we were looking for. Thank you a million times.

– **Daphne Saliba Guilbaud** *Health Choice Network*

Paul delivered exactly the positive, upbeat message that my team needed. Everyone had valuable takeaways and it is great to see how they have begun to apply his tips for FUN in the days following our event. We appreciated the link he provided to his workbook so that we can utilize that resource both as a group and individually to explore even more FUN.

– **Stephanie Mehlhorn** *Uline*

Paul Long is an amazing speaker who truly connected with the audience. His concept of FUNdamsim at work truly resonated with the audience and attendees are still buzzing about the presentation days later. He is the perfect opener to get your event off to a dynamic start but also the perfect closer to send attendees off on the highest of notes.

– **Patty Ames** *Association of Developmental Disabilities Providers (ADDP)*