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Dan Thurmon



Off-Balance On Purpose

Please contact a GDA agent for information.

Topics

- Business Growth / Strategy / Trends
- Change Management / Organizational Change
- Entertainment
- Networking
- Peak Performance
- Personal Growth

About Dan Thurmon

A common challenge for organizations today is helping their employees bring more energy to work and not only embrace change but see it as an opportunity to lead.

Dan Thurmon believes the reason that people struggle with change is they think they have to compartmentalize their life and keep everything in balance. What if we lived Off Balance on Purpose? What if instead of resisting uncertainty, we leaned into it? And what if rather than bringing our “work-self” to the office, we brought 100% of who we are?

In this keynote, Dan excites his audience with an interactive performance while giving them a multi-dimensional view of success. He doesn’t stand behind a podium and talk about dealing with fear and change – he does handstands on the podium to demonstrate what being uncomfortable and living off balance on purpose actually looks like. Your audience will talk about this presentation for years to come!

As a result of attending this program attendees will:
• Learn to take ACTION when it is uncomfortable.
• Manage energy and time more effectively.
• Adopt an Off Balance On Purpose approach as a realistic and empowering way to excel at work and life.

Select Keynotes

- **Positive CHAOS**

  What if CHAOS isn’t a bad thing? How can you harness constant change into a force for growth and opportunity? In his new keynote presentation, Dan Thurmon, author of *Off Balance On Purpose*, teaches how to excel in uncertainty and take confident action right now to create amplified, desirable future outcomes. Gain insights and tools to transform your C.H.A.O.S. from “Challenging, Hectic, Anxious, Overwhelming Stress” into “Challenging, Healthy, Aspirational, Ongoing Symmetry.” Learn to see clear patterns in what now appears random, and take intentional action to shape them for your benefit!

  Attendees will be able to:

  - Understand and use the principles of Chaos Theory in order to take more confident action during uncertain times.
  - Identify existing patterns within seemingly random or unpredictable events, or within consistent recurring similar situations and obstacles.
  - Shape those patterns more intentionally to create dramatically better future results.

  Of course, Dan delivers this keynote with the added IMPACT of his signature acrobatic and interactive elements, so that it will be one of the most talked about, memorable experiences of your conference.

  Bottom line: *Your people will be more confident and comfortable in the midst of change. They will be more res*

- **VIRTUAL TOPIC: Leading Others Through Change**

  During this live, virtual presentation, Dan Thurmon provides a shift in thinking plus strategies to transform the current disruption into your biggest opportunity for growth - to put you back on purpose. Coming to you from his broadcasting studio, Dan incorporates different sets for strategic learning - he integrates live stunts, acrobatics and yes, knife throwing, to enhance your team's engagement - and he encourages real-

time interaction.

- **Leading Others Through Change-Virtual Keynote**

  COVID19 has forced many organizations to face massive change - to be off balance. Energy has suffered, productivity has decreased and team members have felt stuck. During this live, virtual presentation, Dan Thurmon provides a shift in thinking plus strategies to transform the current disruption into your biggest opportunity for growth - to put you back on purpose. He will also teach a very different and effective model for integrating your work and your life so that you can be more fulfilled personally while you succeed professionally.

  Coming to you from his broadcasting studio, Dan incorporates different sets for strategic learning - he integrates live stunts, acrobatics and yes, knife throwing, to enhance your team's engagement - and he encourages real-time interaction through comments, questions and surveys.

  The beauty of this virtual session is that it doesn't have to fit a specific format. It can be designed for what works BEST for you. Consider Dan's studio as your playground, your classroom and your virtual world of possibilities where together we create virtual programs that help your team navigate through uncertainty, increase confidence and drive results!

  30-60 Minute Session

  - From Dan's full broadcasting studio, this virtual session offers a dynamic online keynote experience. With multiple cameras, audience interaction, live stunts, acrobatics and yes, knife throwing, Dan creates an impactful presentation that goes way beyond a typical virtual session.

  90 Minute Workshop

  - The "Off Balance On Purpose In Practice Workshop" harnesses your team's potential and creates accountable plans of action. This unique workshop focuses on:
  - Ownership of goals and future results.
  - Growth opportunities in every aspect of life.
  - Mindset shift from scarcity to abundance.
  - Realizing greatness.
  - Connecting to what matters most.
  - Developing a plan.

- **Perform - Ability**

  It isn't really possible to "always be at your best because every moment counts" - some moments count much more than others. That's why it's more important to be your best when it matters the most.
  In this keynote, peak performance speaker Dan Thurmon explores the reasons why some individuals fail under pressure, and why others seem to naturally rise to handle critical moments with ease and excellence. This isn't an innate talent – it's an ability that can be learned and mastered. Dan calls it "Perform-Ability."

  The key to being able to "perform," or deliver excellence when it matters the most, is to prepare properly and understand the mindset and methods of top performers. Dan demonstrates these concepts in his signature high-impact style that includes juggling, acrobatics, and even a unicycle. Audiences leave this unforgettable session armed with new tools and the enthusiasm to tackle their biggest challenges.

  As a result of attending this program attendees will:

  - Understand the three aspects of an effective performance.
  - Recognize critical moments to perform and rise to the occasion.
  - Adopt the mindset and methods of peak performers.
  - More rewarding experiences for team members and clien

- **Off Balance on Purpose in Practice**

  Your people are your organization. When individuals perform well, the organization does too. For organizations to truly thrive, especially with a millennial workforce, they need to provide hands-on opportunities for personal development and create a culture of personal performance.
  "Change is hard. Motivation is only valuable if there is ACTION that creates change. That is why I created this workshop – to help you deliver real change for your teams." Dan Thurmon

  This workshop is interactive (each participant gets their own workbook), introspective and personal. After the course, participants will be equipped to better integrate all aspects of their life so each area is strengthened and fully developed. Participants will also take stock of what they should stop/start/continue and create an action plan for themselves.
  Enhancing personal performance is the new corporate strategy. Adding this workshop to Dan's keynote on the same day will reinforce and solidify this year's goals for your organization.

Select Book Titles

- **2023:** Positive Chaos: Transform Crisis into Clarity and Advantage
- **2009:** Off Balance on Purpose: Embrace Uncertainty and Create a Life You Love

Select Testimonials

> Dan not only made the presentation fun and engaging for our attendees, he seamlessly wove our company messaging into his performance. This was voted the best keynote we have ever had at this conference.
>
> — *Julie Ewing Transition Coordinator, JLL*

> The valuable strategies you were able to visually convey through your presentation gave our participants a strong image and affiliation with our goals and objectives.
>
> — *Pam Elledge Director of Business Development, Delta*

> Your lesson to let go of things that hold us back was exactly right for our members who face the daily challenges to make the right decision for their communities - it truly resonated.
>
> — *Ross King Executive Director, ACCG*

> You challenged us to use our gifts, and to take action when we have the chance. On behalf of all 72,000 members of the Raytheon team, please accept my deepest thanks.
>
> — *William Swanson Chairman and CEO, Raytheon Company*