

# Patrick Leddin, PhD

## Disrupt Everything

Are you living a good life? Imagine being drawn into a world of powerful stories, each one a light of hope, resilience, and transformation. These are tales of ordinary people who turned the chaos of disruption into steppingstones toward their best lives. In the Disrupt Everything keynote, you'll embark on an inspiring journey that challenges you to redefine your approach to life and work. These aren't just stories; they're data-backed insights from a groundbreaking two-and-a-half-year study, The Disruption Project at Vanderbilt University, led by Dr. Patrick Leddin, surveyed more than 3,000 people to uncover the secrets of thriving through disruption.

You'll be inspired by real-world examples about nurturing and building a community for street children in India to launching car washes that employ the autistic in Florida, to becoming a ventriloquist on Sesame Street and so much more. Each story is a testament to the incredible opportunities that lie within disruption, showing you how to turn obstacles into opportunities and elevate every aspect of your life.

### WHAT YOU'LL LEARN:

1. **Discern:** Success begins with the right mindset. In this presentation, you'll learn how to approach disruptive moments with clarity and confidence. Discover how to assess disruptions, make informed decisions, and choose from five powerful roles to navigate any situation: Trailblazer, Torchbearer, Firefighter, Fire Chief, and Tinder Gatherer.
2. **Behave:** Unlock the 16 behaviors of successful disruptors that transform challenges into growth. Here are just a few:
  - Think Deeply to Uncover Insights: Cultivate a mindset of constant curiosity, digging beneath the surface to find wisdom.
  - Listen to Understand: Go beyond hearing—truly understand the essence of conversations, capturing insights that words alone can't convey.
  - Push Past the Butterflies: Embrace nerves as a sign of imminent growth and leap forward with courage.
3. **Achieve:** Learn how disruption can become a catalyst for monumental change. By disrupting yourself, your relationships, your teams, and even your industry, you'll commit fully to your path and achieve extraordinary results.

For more information contact Patrick's Business Manager, Michele Lucia, at [mlucia@adlspeakers.com](mailto:mlucia@adlspeakers.com) or 214-543-0844.

4. **Refine:** Embrace continuous improvement as a way of life. By regularly reviewing, reflecting, revising, and recommitting to your goals, you'll ensure that disruption remains a driving force for positive change.

## **WHY IT MATTERS:**

Too often, we resist change, clinging to the familiar and safe. But in a rapidly evolving world, this resistance can leave you feeling lost, left behind, and unfulfilled. This keynote is your chance to break free from the status quo, to make disruption your greatest ally in creating a life of purpose and fulfillment.

### **From Personal Transformation to Organizational Impact**

Disrupt Everything is not just about personal growth—it's a blueprint for organizational success. Imagine a workplace where every employee doesn't just survive disruption but harnesses it to drive innovation and progress. This presentation equips you with the tools to build teams of disruptors and, ultimately, organizations that thrive on change.

Through Patrick's powerful insights, actionable strategies, and a deep understanding of how small choices shape habits, Disrupt Everything will empower you to lead your best life in a world where disruption is inevitable. Get ready to disrupt your thinking, your habits, and your approach to life and work—one small choice at a time.

**Customizable for any audience**

## **FORMATS:**

- 60 to 75-minute keynote
- Half-day and full-day deep dive sessions