

# Patrick Leddin, PhD

## 5 Practices of an Impactful Leader

### Become the Leader You Were Meant to Be!

**Patrick Leddin, PhD** is a powerful storyteller who takes his audiences on a journey that explores what it truly means to lead themselves and others effectively. Current and aspiring leaders will be drawn into the presentation as they reflect on their motivations, desires, and commitments. They will leave the presentation inspired to write their own leadership story and to achieve new levels of performance.

Participants will:

- Gain clarity and knowledge to better lead themselves and others.
- Be inspired to own their leadership story by taking full responsibility for their mindset, behaviors, and results.
- Understand and appreciate the leadership journey that they are on and how to put their daily challenges into a long-term perspective.

### Key Themes

#### Leadership Is Your Decision, Not Your Title

You have likely met someone who held a formal leadership position but failed to lead others. That person was unable to understand that being a leader is not about a title, job description, or spot in the parking lot. It's about daily choices, the desire to influence and grow others, and the drive to deliver positive, measurable results. None of these actions require a title, but they do require you to choose to lead.

#### The Power of Your Story

Stories allow us to share our history, teach lessons, and influence others. You can learn to leverage this power as you write your personal leadership story. A story that will endure beyond your time in the organization. It will serve as a long-term reminder of what it felt like to work for you, the results you achieved, and how you grew others in the process. Not only is your leadership story memorable and influential, but it is a function of your daily intentions, behaviors, and results. You are the author of your leadership story.

## **Think Like a Leader**

If you aren't thrilled with your results, don't merely look at your actions. Dig deeper and consider your mindset. In other words, think about how you think. Being a great leader requires you to think differently. Explore ten key leadership mindsets, learn why each mindset matters, assess how you are currently performing, and create a plan to get better.

## **Enjoy the Journey**

In the throes of the day-to-day, it is easy to get lost in your work. That's why it's critical to occasionally hit 'pause' and take the time to enjoy the leadership journey. Doing so will refuel your energy and put the ups and downs into perspective. It will also allow you to model for your people what truly matters most.

## **Ideal Audience**

This message applies across all industries and to everyone who is responsible for leading themselves and others. This includes aspiring leaders, high potentials, and existing leaders.

## **Format**

45-to-60-minute keynote. Follow-up options include a two-day workshop titled The Two-Day Leadership Challenge: Become the Leader You Were Meant to Be and an online course titled The 5-Week Leadership Challenge.

## **About Patrick Leddin, PhD**

With a combination of academic, practical, military, research-based, and corporate experience, Patrick Leddin, PhD, is uniquely qualified to teach and inspire individuals at all organizational levels to live the life they are meant to live. His impressive leadership and disruption experience ranges from leading soldiers in the U.S. Army to working with senior leaders for KPMG Consulting, FranklinCovey, and his two successful consulting businesses.



Patrick's book, *The 5-Week Leadership Challenge*, is a Wall Street Journal best-seller. His new book *Disrupt Everything*, co-authored with the World's Best-Selling Author, James Patterson, will be released on September 29, 2025.

He is the founder and host of the popular podcast *Leadership Lab*, with a 1.4 % global rank.

In addition to his work as a successful entrepreneur, he was an associate professor at Vanderbilt University.

### **What Past Clients Are Saying about Patrick:**

"Patrick Leddin is a dynamic and engaging speaker. He connects with people, helps them to see what's possible, and challenges them to take their performance to new levels. He's a rare blend of IQ and EQ who engages both the mind and heart."

**— The Walt Disney Company**

"Not only was Patrick informative and professional in his presentation of this condensed version of his award-winning book *"The 5 Week Leadership Challenge,"* it was inspirational and motivating to hear his stories and real-life examples of what it takes to be a Leader. It allowed interaction and dialogue relating to our own experiences and then discussion on how to improve our individual approach and methods in our journey to provide Leadership to others. Thanks so much for supporting our team in this worthwhile investment."

**— Chief Operating Officer, Cornerstone**