

# PATRICK DUNN

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## Keynote Proposal:

“Lead with Soul: How to Lead When You’re Running on Fumes”

## Abstract

Let’s be honest: you’re getting it all done, but it’s costing you more than you want to admit. The pace, the pressure, the constant “on” have you running on fumes—showing up for everyone else while quietly drifting away from yourself. In this keynote, Patrick shares his own story of leading on empty and what shifted when he finally stopped powering through and started listening to what his life was trying to tell him.

Drawing from his *Lead with Soul* framework, Patrick blends real-world stories with straight-talking insight to show you how to reset without blowing up your life or walking away from the work you care about. You’ll leave with simple daily reset moves you can use immediately, and a more grounded way of leading that protects your energy, honors your values, and keeps you connected to what matters most—while still delivering at a high level.

## Learning Objectives

1. Identify 3 early warning signs you’re running on fumes—before it costs you your health, relationships, or results.
2. Have more honest, trust-building conversations that lower friction and re-energize your team.
3. Use 3 quick reset practices to regain energy and presence in under 5 minutes during your day.
4. Set clear filters for what gets your time and attention, so you stop saying yes to everything and start protecting what matters most.

“Patrick’s storytelling and grounded presence lit up the room—giving our young leaders both the courage to look inward and the tools to lead with more purpose in the real world.”

- Jon Wogman, World Food Prize Foundation

## References

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