



Justin Jones-Fosu

Husband and Daddy
CEO, Consultant and Speaker
Author of *I Respectfully Disagree*

KEYNOTE

WORK (and Lead) TO A DIFFERENT BEAT

Own your mindset, meaning and performance at work and home.

An inside-out approach powered by practical research that empowers your people to bring their best selves to work everyday. Using the African drum as a metaphor of bringing meaning, Justin creates a customized and unforgettable experience that will inspire your audience to take immediate action in how they show up.

THIS PROGRAM IS PERFECT FOR:

- *Leaders and teams who are looking to shift their mindset to accelerate productivity, manage stress effectively and recognize and enjoy more positive work and life moments.*
- *Association members, frontline employees, and leaders constantly challenged and stressed by having to do more with less.*
- *Human Resources and organizational leaders responsible for building resilience, productivity and engagement.*

THE AUDIENCE WILL LEAVE WITH:

- *An instantly applicable and personalized plan to take ownership of their work lives.*
- *An actionable understanding of the Meaningful Day Template and 5sc2 (improving self-care) and how to maximize productivity and positively impact their work life.*
- *A deeper commitment to self-development and practical skills to shift their mental rhythms at work and at home with the 3 Rhythm Model.*

NOTE: Inquire about the Lead To A Different Beat Presentation for Leaders



Please ask us about our Consulting, Online Courses and Academy, Workshops and Virtual Options



WORK. MEANINGFUL.



Justin Jones-Fosu

Husband and Daddy
CEO, Consultant and Speaker
Author of *I Respectfully Disagree*

KEYNOTE

| **RESPECTFULLY DISAGREE**

How to Have Difficult Conversations in a Divided World

In this interactive keynote, Justin shows how disagreement can unite rather than divide, strengthening teams and decision-making. By equipping leaders and employees with tools to navigate tough conversations with curiosity, empathy, and respect, he transforms conflict into connection. When organizations embrace productive disagreement, innovation flourishes, collaboration deepens, and workplace culture thrives.

THIS PROGRAM IS PERFECT FOR:

- *Leaders and teams seeking to transform workplace disagreements into opportunities for connection, innovation, and collaboration.*
- *New and emerging managers navigating the shift from individual contributor to fostering a high-performing, engaged team.*
- *Organizations committed to cultivating a culture of respect, curiosity, and open dialogue, where diverse perspectives drive better decision-making and stronger relationships.*

THE AUDIENCE WILL LEAVE WITH:

- *Cultivating Respectful Disagreements: Strategies to maintain respect and civility during heated discussions.*
- *Understanding the Four Responses to Conversation Conflict: Identify and understand how to move to Respectful Disagreement from Disrespectful Disagreement and Disrespectful Agreement*
- *Discovering the 5 Pillars of Bridging Divides: Learn key principles and practical tips to navigate ideological differences and promote understanding and cooperation, even in challenging conversations.*



Please ask us about our Consulting, Online Courses and Academy, Workshops and Virtual Options



Justin Jones-Fosu

Husband and Daddy
CEO, Consultant and Speaker
Author of *I Respectfully Disagree*

KEYNOTE

YOUR **WHY** MATTERS **NOW**

Understand how some achieve more and others don't

With the 'Why Matters Now' Quadrants and the Principle of the Frog, Step, Seed and Smile, Justin demonstrates how your leaders and teams can blend their purpose and productivity to realize better outcomes with everyday actions.

THIS PROGRAM IS PERFECT FOR:

- *Leaders and teams who are looking to shift their mindset to accelerate productivity, manage stress effectively and recognize and enjoy more positive work and life moments.*
- *Association members, frontline employees, and leaders constantly challenged and stressed by having to do more with less.*
- *Human Resources and organizational leaders creating and nurturing high-performing cultures.*

THE AUDIENCE WILL LEAVE WITH:

- *A personalized approach to understanding and aligning their values and efforts that enables them to lead themselves and others.*
- *An ability to courageously combat the distractors of their 'why' and 'now', and learn how to have intentional accountability to themselves and their teams.*
- *A deliberate approach to being fully present to consistently learn, develop meaningful relationships and impact positive change through the Frog, Step, Seed, and Smile Principles*



Please ask us about our Consulting, Online Courses and Academy, Workshops and Virtual Options



Justin Jones-Fosu

Husband and Daddy
CEO, Consultant and Speaker
Author of *I Respectfully Disagree*

KEYNOTE

The **INCLUSIVE MINDSET!**

Creating Cultures of Belonging for Yourself and Others

Justin takes an unconventional approach to this necessary conversation with a vulnerable and heartfelt touch. He helps the audience shift their focus away from the clichéd overuse to applying everyday inclusion, which leads to deeper collaboration and innovation. He demonstrates how we can leverage the power of listening, appreciating, and applying different perspectives to create sustainable cultures of high performance. This is not about one or two groups, as inclusion is about ALL of us.

THIS PROGRAM IS PERFECT FOR:

- *Professionals looking for a practical way forward about understanding, applying and nurturing inclusion and related initiatives in their personal and professional lives.*
- *Leaders who want to create sustainable cultures of inclusion that engage all their employees to show up to work with their best selves every day.*
- *Individuals who want practical strategies to move confrontations into conversations in order to manage disagreements and differences in a healthy and respectful way.*

THE AUDIENCE WILL LEAVE WITH:

- *A Practical Framework for Everyday Inclusion – Gain a clear understanding of the foundational principles that make inclusion actionable in your workplace and beyond.*
- *A Personal Motivation to Lead with Inclusion – Learn how the Circles of Grace and Power of 3 Models can help you navigate differences, build trust, and create meaningful connections.*
- *An Action-Oriented Plan to Build an Inclusive Workplace – Move beyond good intentions with a structured approach to actively contribute to a culture of belonging and continuous progress.*

NOTE: Inquire about The Intentionally Inclusive Leader Presentation



Please ask us about our Consulting, Online Courses and Academy, Workshops and Virtual Options