

BEN NEMTIN

Impossible is possible. #1 New York Times Bestselling Author; Ranked 2nd Best Motivational Speaker by Global Gurus; CoFounder of MTVs The Buried Life

---

- #1 New York Times bestselling author of What Do You Want to Do Before You Die?
- Star of MTV's highest rated show on iTunes and Amazon called The Buried Life
- Ben's message of radical possibility has been featured on The Today Show, The Oprah Winfrey Show, CNN, FOX, and NBC News
- President Obama called Ben and The Buried Life "inspiration for a new generation" and Oprah declared their mission "truly inspiring."
- Recognized as one of the World's Top Organizational Culture Thought Leaders and was ranked 2nd Best Motivational Speaker in the world by Global Gurus in 2022
- Ben's bucket list quest has inspired millions to thrive personally and professionally

---

Inspirational keynote speaker Ben Nemtin has authored a #1 New York Times bestselling book, starred in an MTV show, met President Obama at the White House, was interviewed by Oprah, drank beers with Prince Harry, and he has been living his dreams for the past decade.

Ben Nemtin is the #1 New York Times bestselling author of What Do You Want to Do Before You Die? and a star of MTV's highest rated show on iTunes and Amazon called The Buried Life. As the co-founder of The Buried Life movement, Ben's message of radical possibility has been featured on The Today Show, The Oprah Winfrey Show, CNN, FOX, and NBC News. President Obama called Ben and The Buried Life "inspiration for a new generation" and Oprah declared their mission "truly inspiring." An acclaimed keynote speaker, Ben has headlined business conferences and Fortune 100 leadership teams around the world, garnering standing ovations from AIG, Anthem, Amazon, FedEx, Harvard, Microsoft, Verizon, and more. Ben is recognized as one of the World's Top Organizational Culture Thought Leaders and was ranked 2nd Best Motivational Speaker in the world by Global Gurus in 2022. In his first year of university, Ben was unexpectedly hit with a depression that forced him to drop out. In an attempt to feel more alive, he created the world's greatest bucket list with his three best friends. They borrowed a rickety old RV and crisscrossed North America, achieving the unthinkable. And most importantly, every time they accomplished a dream, they helped a complete stranger cross something off their bucket list. From playing basketball with President Obama to having a beer with Prince Harry, from reuniting a father and son after seventeen years to surprising a young girl with a much-needed bionic arm—Ben's bucket list quest has inspired millions to thrive personally and professionally.

TEMAS

Ben tailors each presentation to the needs of his audience and is not limited to the topics listed below. Please ask us about any subject that interests you:

- Change
- Goal Setting
- Accountability
- Empowerment
- Inspirational/Motivational
- Leadership
- Mental Health/Psychology
- Organizational Development
- Personal Development, Stress
- Wellness

PROGRAMAS

5 Steps to Make the Impossible Possible

Whether you need to set bigger goals or reach the ones you already have, Ben will help you get from “ambition” to “accomplishment.”

Ben’s message of radical possibility combined with his ‘5 Steps to Make the Impossible Possible’ leaves audiences not only inspired but also equipped with tools to tackle the seemingly insurmountable. His system of achieving impossible goals demystifies daunting tasks by turning ‘dreams’ into ‘projects’ and creates inspiration through action and accountability.

Ben reminds us that it’s never too late to start your list and leave your lasting impact on the world.

As a result of this program, attendees will:

- Learn how to accomplish seemingly impossible goals (5 Steps to Make the Impossible Possible).
- Identify the #1 thing that holds you back from accomplishing your goals.
- Learn Ben’s method to unbury your dreams and keep them unburied.
- Develop a plan of action to drive you forward towards your goals.

LEADING WITH PURPOSE

Driving teams to thrive today requires new strategies for connecting and getting results.

Retention and engagement are major issues as old leadership models don't deliver like they once did. Effective leaders must go deeper and show empathy and understanding to help teams reach their true potential. When team members truly feel that their leadership and organization cares about their personal and their professional development, that's where the magic happens.

One of the best ways to help your team gain purpose is to connect with them around their personal and professional goals. As the lines between personal and professional lives blur, it's time for leaders to develop the whole person. To learn more, read this Forbes article featuring Ben and Deepak Chopra about Emotional EQ and Leadership.

As a result of this program, attendees will learn:

- A simple framework for connecting with your team around their personal and professional goals
- Build a culture of belonging where team members know it's ok to ask for help
- Create a renewed feeling of purpose and trust within your team
- Be a servant leader and maximize potential
- Reignite commitment to the organization as people feel the organization is equally committed to them

RETHINKING MENTAL HEALTH

Ben is a mental health advocate who believes that all humans have ups and they have downs. He believes the stigma around mental illness can be broken through open, honest conversations. However, the onus is not on the 1 in 5 who struggle with mental health to break the stigma, the responsibility falls on all of us.

By showing how his vulnerabilities have become his strengths, Ben gives others the courage to talk about their internal battles. He shares the tools that help him cope with the stresses of life and emphasizes that it is ok to reach out for help.

As a result of this program, attendees will:

- Increase resilience, lower stress and feel equipped to manage the ups and downs of life.
- Build their own 'Mental Health Toolkit' of easy to implement practices that increase

wellbeing during times of anxiety and burnout.
- Recognize that it’s ok to not be ok.
- Walk away with resources to boost their mental health.

RESILIENCE IN THE FACE OF UNCERTAINTY

The world is changing faster than we ever imagined, leaders and teams have to dig deep within themselves to break through and find opportunity in uncertain times. Before becoming a #1 NYT best selling author, playing basketball at the White House, having beers with Prince Harry, or living out his other dreams, Ben suffered from crippling depression.

After committing to a series of positive life changes, Ben had a shift in perspective that changed his outlook on life and opened himself up to endless possibility. From there he committed to following his buried dreams and helping others through acts of service. The rest is history and Ben’s life changing message has opened up audiences around the world to cultures of service, gratitude and endless potential.

As a result of this program, attendees will:

- Recognize that all aspects of your life impact your work performance.
- 8 practices that increase wellbeing during times of stress, anxiety and burnout (Resilience Toolkit).
- Proof that small acts of service can create a large scale impact in your organization and community.
- Transform your perspective to optimize performance.

PUBLICACIONES

Libros



WHAT DO YOU WANT TO DO BEFORE YOU DIE?

CONDICIONES

- **Travels from:** Los Angeles - California, USA
- **Fee Range:** Please Inquire