



BEYOND
EMOTIONAL
INTELLIGENCE

EMOTIONAL (not mental) HEALTH

KEYNOTE SPEAKER

KEYNOTE TOPICS

● Revolutionise Team Performance Using Emotional Health

A high-functioning team isn't built on perks, personality tests or away days - it's built on emotional health. In this keynote, Jon reveals the eight core emotional needs that drive every human interaction and shows leaders how to meet them in practical, positive ways that transform team performance. Audiences learn why emotional health is the hidden engine behind trust, collaboration and consistent delivery - and how small, repeatable behaviours can unlock peak performance across the organisation.

● From Conflict to Connection: Turning Dysfunction into Strength

Every team hits friction - but unresolved emotional needs turn friction into full-blown dysfunction. This keynote gives leaders and teams a practical roadmap for repairing damaged relationships, restoring safety and rebuilding trust. Jon demonstrates how conflict, when understood through an emotional-health lens, becomes a powerful source of clarity, honesty and growth. Attendees leave with tools they can use immediately to defuse tension, reconnect people and turn emotional strain into organisational strength.

● Wellbeing in Minutes, Not Months

Wellbeing has become overcomplicated - but it doesn't need to be. In this energising and often funny session, Jon strips wellbeing back to what actually works: fast, simple emotional-health resets that anyone can use, anytime. Audiences discover why laughter is the quickest route to restoring wellbeing, how to meet emotional needs in micro-moments, and why "instant wellbeing" is not only possible but essential in high-pressure workplaces. Expect science, stories, and practical techniques people use before they've even left the room.

● Why Emotional Health Is Every Leader's Superpower

Great leadership isn't just strategy - it's emotional impact. In this keynote, Jon shows leaders how emotional health shapes trust, morale, behaviour and performance more powerfully than any management tactic. Attendees learn how emotionally healthy leaders can motivate without pressure, correct without conflict, and inspire teams to take ownership. With engaging stories and proven frameworks, Jon equips leaders with the superpower that sets high-performing cultures apart: understanding and meeting the emotional needs of their people.