HiCue speakers
Higher Content & Inspiration



JAY SHETTY

Former monk & award-winning digital strategist turned captivating social media influencer with over 4 BILLION views

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- Since launching his video channel in 2016, Jay's viral wisdom videos have garnered over 4 BILLION views and gained over 25 MILLION followers globally
- Named in the Forbes 30 Under 30 Class of 2017 for being a game-changer and influencer in the world of Media
- His daily show on HuffPost Live #FollowTheReader, reached one million people daily, featuring authors and life changing ideas, became #1 for audience engagement – with themes that include passion, purpose, mindfulness, resilience, failure and communication
- Jay aims to deliver educational and insightful content in an entertaining, uplifting format – with the mission of making wisdom go viral
- He shares his experiences as a former monk in the world's largest corporations including EY, Nasdaq and Accenture, where he quickly became their #1 social media influencer

Meet the British-born, former monk & award-winning digital strategist turned captivating social media influencer and viral content creator. Since launching his video channel in 2016, Jay's viral wisdom videos have garnered over 4 BILLION views and gained over 25 MILLION followers globally.

Jay was named in the Forbes 30 Under 30 Class of 2017 for being a game-changer and influencer in the world of Media. Jay's daily show on HuffPost Live #FollowTheReader, where he has interviewed the likes of Russell Brand, Tim Ferris, Dr. Shefali, Simon Sinek and Deepak Chopra, reached one million people daily. Jay aims to deliver educational and insightful content in an entertaining, uplifting format – with the mission of making wisdom go viral. His inspirational video reach is known to skyrocket upwards of 35 to 100 million views within seven days of launch. He has created content for and partnered with the likes of Snapchat & Facebook and serves on the National Geographic Chasing Genius Council.

After meeting a monk at the age of 18, Jay sought to redefine personal success. He was inspired by a life of service, impact and passion as opposed to money, fame and power. After graduating with a first-class BSc (Hons) Degree in Behavioral Science from Cass Business School, he turned down lucrative job offers from prestigious companies, moved to India and lived as a monk. He traded his suits for robes, shaved his head, slept on the floor and lived out of a gym locker. Jay meditated for 4-8 hours a day and studied ancient philosophy. Half the day was spent on personal growth and the other on help others. This included everything from personal and collective meditation, study and reflection to teaching and philanthropy. For three years, Jay helped build sustainable villages, food programs distributing over one million meals per day and coached millennials throughout India and Europe.

Jay received a proposal from his guru who believed he could share what he had learnt if he left the path. Jay moved back to London with his parents, in massive debt with no recognizable skills on his resume. Fortunately, his friends, now working for the largest organizations in the world yet experiencing tremendous stress and pressure, invited Jay to coach them on wellbeing, purpose and mindfulness. Jay began sharing his experiences as

a monk in the world's largest corporations including EY and Nasdaq.

Driven by a desire to share his learnings with as many people as possible, he re-engaged with the world and dove head first into learning about the tools and techniques that might allow knowledge to spread as fast as entertainment. He joined Accenture, helping them build their digital division while learning about the forces shaping the new digital landscape. He quickly became their #1 social media influencer, in a company of 400,000 people. Along the way, he advised over 150 executives on their personal brands, which provided a very broad base with which to test theories. He leveraged his findings to launch his own Facebook page in 2016, which exploded.

Jay's videos were spotted by Arianna Huffington, who asked him to create a series for HuffPost. His first four videos hit over 50 million views – the highest HuffPost had ever received. Arianna invited Jay to New York to be a Senior Host & Producer for HuffPost Live where he created #FollowTheReader. The Facebook Live Daily Talk Show, featuring authors and life changing ideas, became #1 for audience engagement – with themes that include passion, purpose, mindfulness, resilience, failure and communication.

These days, Jay continues to expand his brand through his viral video agency, group coaching & workshops.

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- Motivation
- Personal Success
- Inspiration
- Wellbeing
- Purpose
- Mindfulness
- Social Media
- Personal Online Brand

PROGRAMAS

How to Find Your Purpose in The Workplace – Interactive

One of the top challenges for executives is raising employee engagement, and for good reason. Engagement is on the decline across the world, and that spells trouble for business leaders everywhere. Today, employees are genuinely searching for meaning, purpose and fulfillment in the workplace. When each person deeply understands how they fit into the bigger picture they become more motivated to align with the company's goals.

With an emphasis on work-life integration, Jay understands that a separation of the two can create more stress, inevitably trickling into personal interactions. Jay guides participants into personal awareness and an understanding of their responsibility to co-create a meaningful trajectory. This highly interactive session may include the following exercises:

- Exercise 1: Strengths Interactive – This extremely engaging activity allows partici-pants to gain more insight about their strengths and potential. It allows them to start recognizing the dynamic nature of the workshop and become active participants ra-ther than a passive audience. The simplest place to find purpose is in our strengths and where we naturally have impact. This is a group activity and high energy.
- Exercise 2: Quadrant of potential – This activity allows time and space for some personal reflection. Self-awareness is a foundational element in finding your pur-pose. In this exercise, individuals will reflect on their personal qualities, skills, interests and weaknesses to gain a more in depth analysis of themselves. This ac-tivity helps attendees overcome the myth that purpose is only about loving what you do, it helps them recognize the value gained by doing things that they don't necessarily enjoy.
- Exercise 3: Three Moments – This reflective activity allows attendees to recognize the origin stories that:
    - Helped form a value/lesson
    - Developed a personal strength
    - Inspired a way to connect with others/how you want to make them feel
- Exercise 4: 2 Letters: More powerful than a purpose statement, attendees will write two letters to themselves. This exercise will allow participants to hone in on the ideal complement or testimonial that they would like to receive in life – encouraging each participant to contemplate on how much impact they created & how much value they drove. These are subconscious purpose statements, which are much more emotive.
    - What advice would you give to your younger self?
    - At age 80, what will you regret that you did not do?

Takeaways include:

- Understanding the scientific reasoning for purpose and meaning for a healthy life;
- How to integrate one's purpose with that of the company;
- Practical techniques to give meaning to everyday activities.

Why Connected Thinkers Will Rule the Future

We've lived in times ruled by lawyers, doctors and bankers. We've moved onto a time ruled by coders, engineers, analysts and mathematicians for the Internet. The challenge that faces individuals today is to be a connected thinker. People who can bring together mindfulness, with modern psychology, trending technology and use it for social impact will see limitless possibility where others do not. Steve Jobs made calligraphy relevant to computers. Mark Zuckerberg visited an ashram in India so that he could reinforce the importance of what he and his company was trying to do. They see what others can't see. They perceive the invisible connections. Because it's what you don't see that makes what you see today possible.

The best innovators expose themselves to a broad set of human experiences; experiences that literally kick-start the creative process. The key to thinking differently is perceiving things differently. To perceive things differently, you must be exposed to divergent ideas, places and people. This forces your brain to make connections it otherwise might miss.

This session reveals how we can tap into our creativity and innovation through behavioral science to create more powerful futures. Jay will share case studies, stories and exercises that enable session participants to learn more about themselves and how to begin the creative process.

Jay's interactive approach introduces at least three exercises to help attendees to become more creative and innovative –identifying the top skills needed to thrive in 2020 –as recognized by the World Economic Forum. This session will achieve the following:

- Understanding the four mindsets for being a leader of the future;
- Greater collaboration between team members;
- Enhance creative thinking amongst groups and teams;
- Equip individuals with the tools and techniques needed to be more forward thinking.

The Millennial and Gen Z Mind

Millennials may be the most studied generation in history. Considering they will make up 75% of the workforce by 2025, it comes as no surprise. The challenge lies in knowing how to recruit, retain and reward this new era as they puzzle their parents as much as their bosses. In this insightful presentation, a millennial himself dissects the mind of his generation and Gen Z to inspire you about the possibilities and opportunities they can bring. Takeaways include:

- Understanding what motivates and drives Millennials
- Knowing when a millennial is worth investing in
- Changing the way you view all generations

Personal Online Brand

The question today is, if you don't have an online brand, do you even exist? Every employee today can be a brand ambassador; every director needs to be a voice. We no longer live in a B2B world but a H2H, human to human world where people want to do business with people. The online world allows you to connect with clients, customers and colleagues in a truly unique way.

Conscious Communication

A 75-year Harvard study found that the key to a fulfilling life can be unearthed through good relationships. And, the key to good relationships is good communication. Jay will share insights from timeless wisdom and modern behavioral science – illustrating how to form long term relationships and how to build trust from day one. He'll explain why conflict should not be avoided and how to master the art of communication.

Self-Care For Service

We live in a guest first environment. This allows us to make a difference and impact in the

lives of others. But to do this at an optimal level, we need to invest in ourselves. We need to take care of our moods, emotions, feelings and bodies.

This keynote will provide the simple tools and insights that people can implement from day one. This includes powerful breathing techniques for remaining calm under pressure, communication insights for a positive work environment and the hidden keys to guest satisfaction and experience.

This session will focus on how to bring your best energy to the workplace. Everything from workplace conversations to guest interactions are based on energy. If our energy is not positive, uplifting and empowering, it is challenging to work in any environment.

Digital Innovation – Preparing Your Mindset for the Future

What got us here, won't get us there. More and more people are worried about robots taking their jobs, the rise of artificial intelligence and machine learning pose real threats to our careers and companies. How can companies redefine their mindset for the new world? What skills need to be prioritized, enhanced and focused on and what we could let go of?

Customization

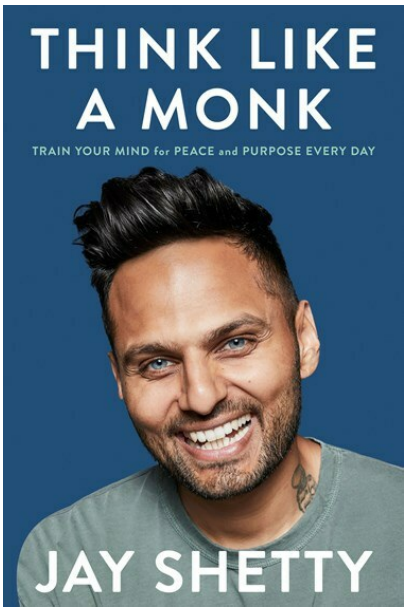
In addition to sharing his experiences as a monk, digital strategist and social media influencer, Jay can customize his talks to include the following takeaways:

- Navigating through Transition Change, Adaptability, Resilience
- Mindfulness & Reflection Reducing stress and pressure in the workplace
- The Art of Growing Practical steps an organization can take to fail forward; Techniques to help individuals build resilience and not give up
- Inside the Mind of Innovations Four key mindsets needed to thrive in the age of uncertainty
- Humanity in a World of Technology Human skills that will define the future

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THINK LIKE A MONK

CONDICIONES

- **Travels From:** USA
- **Fee Range:** Please Inquire