



Dr. Tasha Eurich is an organizational psychologist, researcher, and *New York Times* best-selling author. As a passionate and engaging keynote speaker, she masterfully blends scientific research, actionable tools, and powerful stories to help her audiences gain new insight to make smarter choices, build stronger relationships, and succeed at work—and in life.

Insight: The Power of Self-Awareness to Succeed in an Increasingly Delusional World

Do you know who you *really* are? Do you ever wonder how other people *really* see you? Self-awareness is the meta-skill of the 21st century: people who know themselves and how others see them are more successful, have better relationships, and are more respected and effective leaders. There's just one problem: studies show that we are terrible judges of our own performance and abilities—from our leadership skills to our driving prowess to our school and work performance.

Drawing on research with thousands of people, hundreds of academic studies, and 15 years of working with Fortune 500 clients, *New York Times* best-selling author and organizational psychologist Dr. Tasha Eurich will reveal why we don't know ourselves as well as we think, and more importantly, what to do about it.

In this hard-hitting but humorous talk based on her latest book, *Insight*, audiences will discover:

1. The surprising myths and unseen obstacles to self-awareness.
2. What practices truly increase self-awareness.
3. A few battle-tested tools to improve their work performance, leadership skills, interpersonal relationships and more.