
Day 2

Life. Reimagined.

A new keynote with Poppy Harlow

Navigating life's biggest changes and thriving in what comes next

Day 2 is universal. It unites us.
And it is time we stopped feeling
so alone in it.



A NOTE FROM POPPY

As a journalist, I have spent my career sharing the stories of others. It has always been the human side of the story that has moved me, motivated me, and made me appreciate this work so much. I have learned that even at the worst of times, the best of humanity shows itself. It is part of what makes our country great. I have had the opportunity to travel the world reporting on history-shaping events. In doing so, I have stood with people in their best moments and in their hardest. They have taught me about the human condition. On that journey I have learned that we are all bound by one certainty – transition and change in our lives. I call it our *Day 2*. And as I have learned from my own journey, these moments hold immense gifts for us.

In my new keynote *Day 2*, we share the stories of remarkable people shaped by their own *Day 2* experiences.

We often don't acknowledge how much good there is in our *Day 2*. How much unexplored and unexamined joy. We talk frequently about success and failure, but we rarely discuss the exploration and adventure of transition and change. What we do with those days in-between tells us everything about who we are, what we're made of, and what we really want in life.

As my friend Ina Garten reminds us: "you never know your good breaks from your bad". She's right. The most unexpected day of your life may just be the best day of the rest of your life. It has been for me.

Day 2 is universal. It unites us. And it is time we stopped feeling so alone in it.

A handwritten signature in black ink that reads "Poppy". The signature is written in a cursive, flowing style with a long horizontal line extending to the right from the end of the word.



POPPY



Poppy Harlow is an award-winning journalist, former CNN anchor, author and founder and CEO of Day 2 Media. She was the anchor of CNN's flagship morning show, *CNN This Morning*. She is the creator and host of the podcast *BossFiles with Poppy Harlow* and previously anchored *CNN Newsroom*.

As a journalist, she has had a front row seat to history for more than two decades. Her long career as an anchor and correspondent has given her the opportunity to travel around the world and witness humanity show the best of itself while learning about the human condition. It has taught her the power of empathy and vulnerability – and the unparalleled power of a story. She has interviewed the world's top business leaders including Warren

Buffett, Jamie Dimon, Melinda French Gates, Sundar Pichai, among others. She has also interviewed Supreme Court Justice Ruth Bader Ginsburg, Canadian Prime Minister Justin Trudeau, and moderated two CNN Presidential Town Halls.

She lives in Paris with her husband Sinisa, daughter Sienna and son Luca. She is a member of the Council on Foreign Relations, as well as a Henry Crown Fellow within the Aspen Institute. Born and raised in Minnesota, Harlow graduated Magna Cum Laude, Phi Beta Kappa with a bachelor's degree in Political Science from Columbia University. She holds a Masters in Studies of Law from Yale Law School and has also studied at King's College London.

HARLOW

THANK YOU

“Tell me, what is it you
plan to do with your one
wild and precious life?”

- Mary Oliver