

## Michelle Poler's Keynote

# Fear Less, Do More

The power of choosing  
**GROWTH** over comfort

This keynote is an energizing, relatable, fun and deeply actionable experience that equips any audience to make growth-driven decisions immediately, in their work and in their lives.

**What if the biggest obstacle standing between your team and their full potential isn't fear of failure?**

Most people simply don't take action because staying comfortable feels safer. They second-guess bold ideas, wait for the "right moment," and avoid taking risks.

**The cost?** Your organization loses momentum, innovation stalls, and the people with the most potential stay stuck in their comfort zones.

In this transformational keynote, Michelle takes audiences on a journey that **redefines fear from obstacle to opportunity.**

Through her viral **100 Days Without Fear** project and her **humorous, refreshing, and inspiring** storytelling combined with visually immersive experiences, she reveals game-changing insights that shift how people see decisions, uncertainty, and possibility.

Michelle teaches them to stop asking "What's the worst that can happen?" and start asking "**What's the BEST that can happen?**".

This reframe transforms paralysis into proactive action.

**Spoiler Alert:** Michelle loves to begin her presentations dancing UNAPOLOGETICALLY, so attendees can viscerally experience what their comfort zone feels like right off that bat. Then she teaches them how to overcome it, so they can make choices based on growth, not comfort.

The impact of her message becomes evident at the end, when she gets the entire audience on their feet to close off the session with an all-out dance party.

## Immediate Behavior Shifts:

- They **make growth-driven decisions** instead of defaulting to comfort-driven ones
- They embrace change with confidence and **thrive during uncertainty**
- They **reframe challenges as opportunities**, especially during organizational change (e.g. mergers, restructures, market shifts)
- They **redefine failure** to push boundaries instead of avoiding risk
- They **say YES to opportunities** they previously ignored out of fear or self-doubt
- They cultivate **bravery over fearlessness**
- They **pitch the bold idea** in the meeting instead of playing it safe
- They leverage authenticity to **overcome Imposter Syndrome**
- They have the **difficult conversation** they've been postponing with their manager, peer, or direct report
- They mentor, build networks, and **ask for what they need** proactively

## A Great Fit For:

- Organizations navigating change, uncertainty, or transformation
- Sales, marketing, and innovation teams
- Leadership development programs
- Women's leadership events and initiatives for underrepresented talent
- Offsite events and team-building experiences
- Recognition and milestone celebrations
- Direct Selling Conventions
- **All roles:** from entry-level to C-suite

**Keywords:** Courage, Fear, Risk-Taking, Change Management, Organizational Change, Growth Mindset, Resilience, Decision-Making, Leadership Development, Innovation, Psychological Safety, Employee Engagement, Team Building, Sales Performance, Comfort Zone, Overcoming Fear, Bold Action, Accountability, Authenticity, Uncertainty

