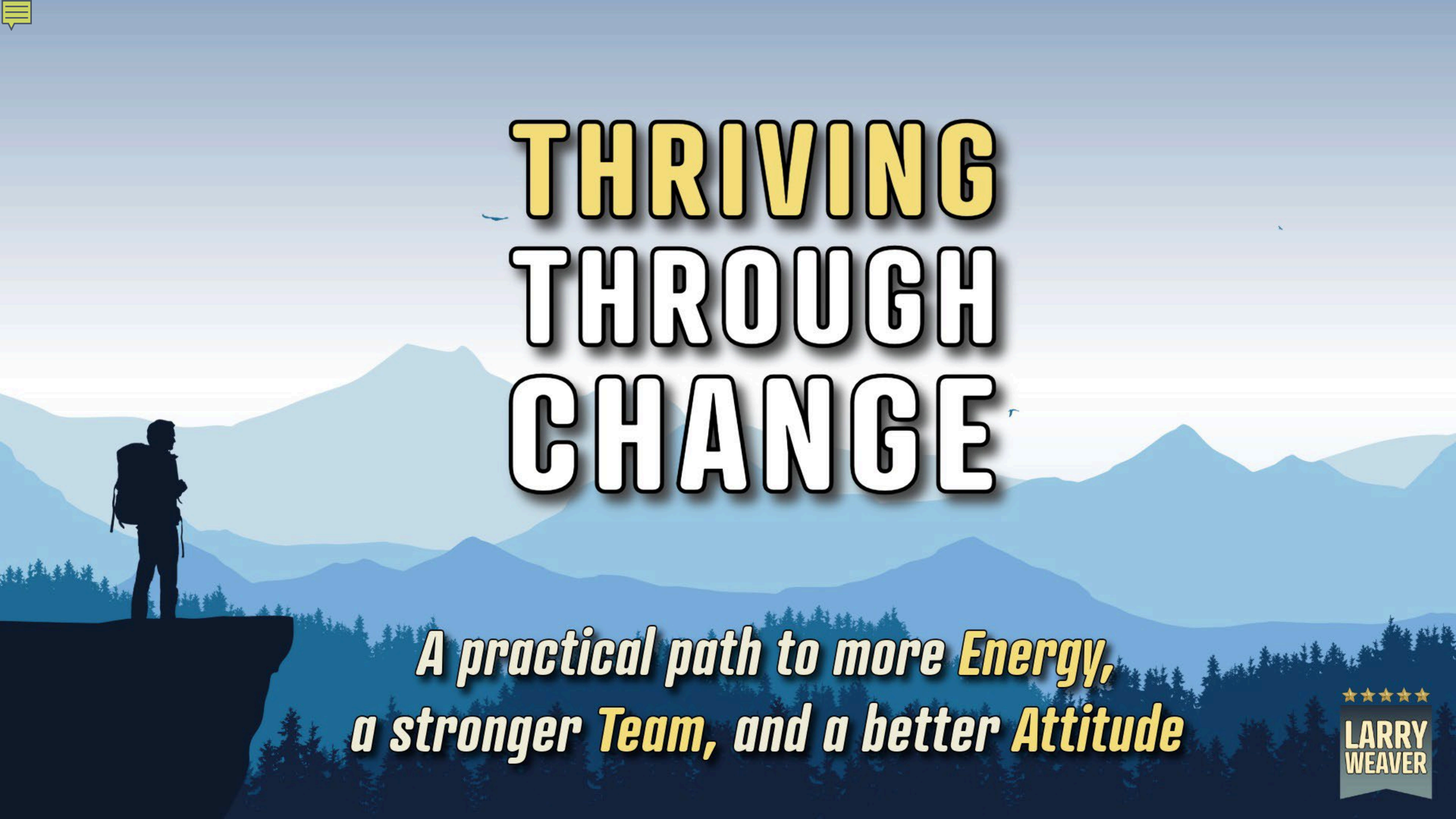
MOTIVATIONAL SPEAKER

LARRY WEAVER

COMEDIAN & AUTHOR

@larryweaver


THRIVING
THROUGH
CHANGE
A practical path to more Energy,
a stronger Team, and a better Attitude
LARRY
WEAVER

INCREASE YOUR
ENERGY
Bring Your Best Every Day
LARRY
WEAVER

Prioritize Recovery

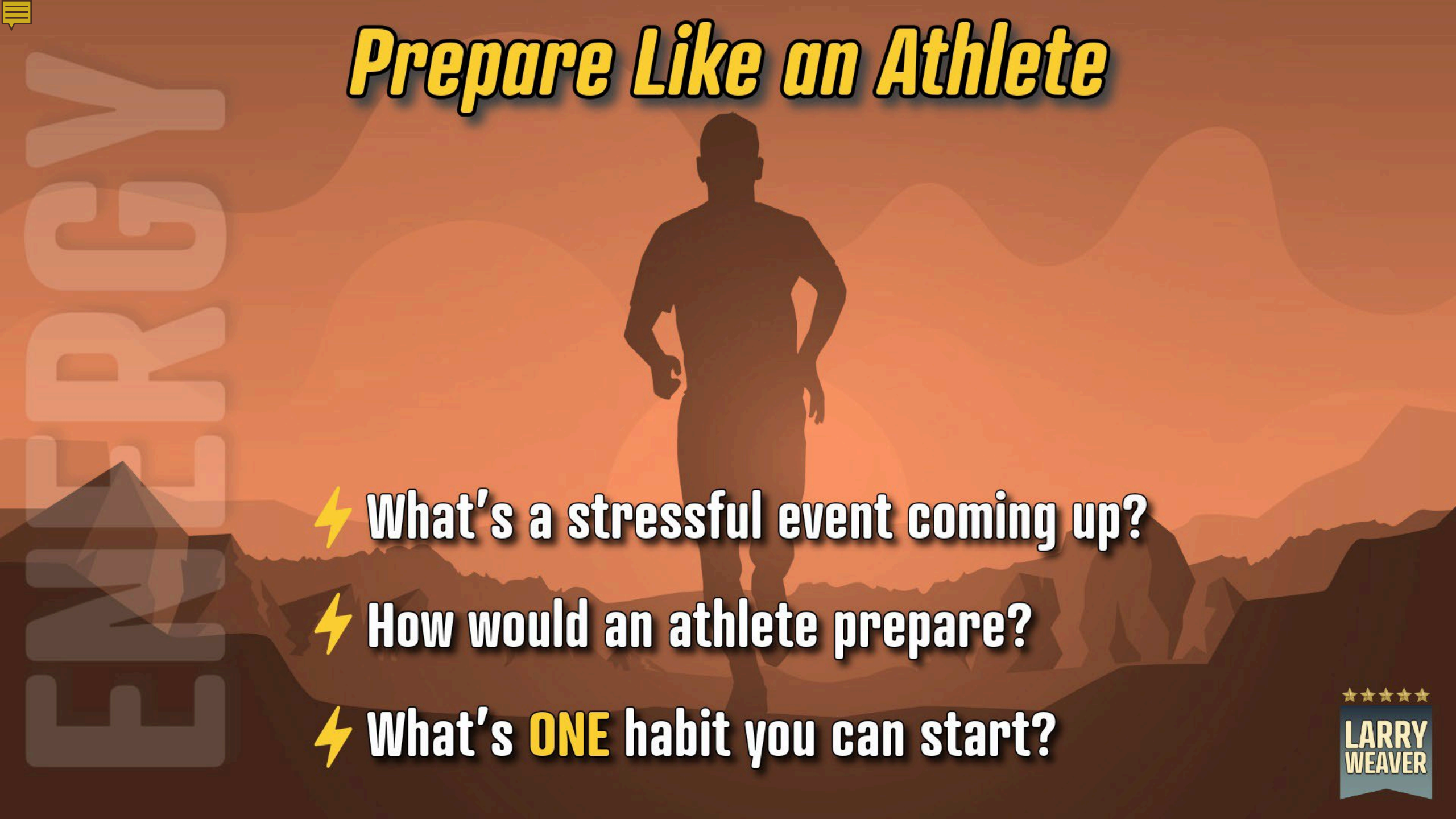
LARRY WEAVER

Fuel Your Performance

LARRY WEAVER

Move More, Feel Better
LARRY WEAVER

Prepare Like an Athlete



- What's a stressful event coming up?
- How would an athlete prepare?
- What's **ONE** habit you can start?

LARRY WEAVER

ELEVATE YOUR TEAM

Work Better Together

LARRY WEAVER

Invest in Your Growth

Avoid Negative Influences

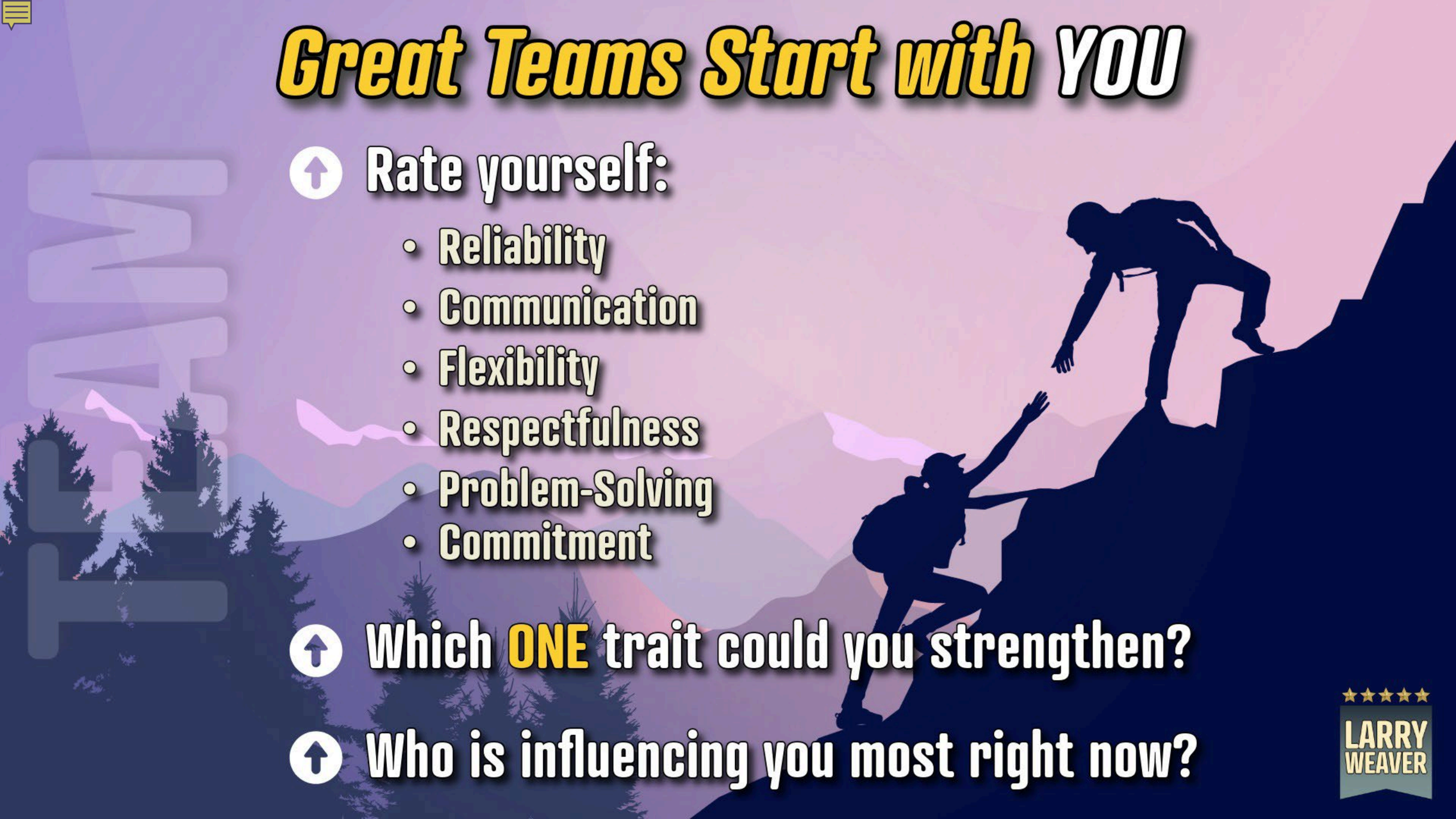
LARRY WEAVER

Surround Yourself with Positivity

LARRY WEAVER

Great Teams Start with YOU

- Rate yourself:
  - Reliability
  - Communication
  - Flexibility
  - Respectfulness
  - Problem-Solving
  - Commitment
- Which **ONE** trait could you strengthen?
- Who is influencing you most right now?



LARRY WEAVER

UPGRADE YOUR ATTITUDE

Choose How You Respond

LARRY WEAVER

Practice Gratitude
LARRY
WEAVER

Spread a Little Kindness
LARRY WEAVER

Know Your Purpose

LARRY WEAVER

ATTITUDE

Gratitude
Kindness
Purpose

Which ONE can you focus on this week?

LARRY WEAVER

Find the Humor in Life
LARRY WEAVER

ENERGY
SLEEP BETTER
EAT HEALTHIER
MOVE MORE
TEAM
INCREASE ABILITY
LESS NEGATIVITY
MORE POSITIVITY
ATTITUDE
PRACTICE GRATITUDE
SPREAD KINDNESS
FIND PURPOSE
LARRY WEAVER

THANK YOU!

LARRY WEAVER

Let's Connect!

larryweaver.com/social

LARRY WEAVER