



Britt Frank Speaker Assets

Speaker Fees:

U.S. In Person Events: Keynote: \$15,000 plus \$1,500 flat travel and hotel

Virtual Events: starting at \$10,000

International Events: please call

*Travels from Kansas City, MO

Britt is managed by Kelly Bjorseth at Upside Speakers.

For Questions & to Book: Kelly@upsidespeakers.com 913.766.3965

<https://upsidespeakers.com/britt-frank>

Key Speech Themes

- Peak Performance
- Leadership
- Mental Health

Short Blurb

Neuropsychologist | Author of The Science of Stuck | Human Behavior Expert | Peak Performance Trainer

Speaker Summary

Licensed neuro-psychologist Britt Frank provides powerful and simple science-backed tools to **optimize your brain for peak performance, leadership and mental health.**

You **don't** need motivation to get unstuck and level up. Drawing from groundbreaking neuroscience research, Britt's 3 simple strategies activate peak performance brain states so you (and your team) can shift from **stuck mode** to **action mode**.

When your brain BRAINS better, your life gets better.

Britt delivers entertaining and science-based keynotes that dismantle the motivation myths keeping your team stuck, stressed, and burned out. With her candor, humor, and easy-to-implement strategies, audiences gain actionable tools to unlock personal and professional growth. As a sought-after human behavior expert and author of **The Science of Stuck** (*Penguin Random House*), Britt literally wrote the book on how to get unstuck— and how to get back into the driver's seat of life.

Short Bio

Britt Frank, LCSW, SEP is a licensed neuro-psychotherapist and author of *The Science of Stuck* (*Penguin Random House*), named by SHRM, *Esquire*, *New York Magazine*, and *The Next Big Idea Club* as a must-read. Britt received her undergraduate degree from Duke University and her master's degree from the University of Kansas, where she later became an award-winning adjunct professor. Britt is a contributing columnist to *Psychology Today* and her work has been featured in *Forbes*, NPR, Fast Company, Psych Central, SELF, and Thrive Global.

Full Bio

Britt Frank, LCSW, SEP received her undergraduate degree from Duke University and her master's degree from the University of Kansas, where she later became an award-winning adjunct professor. Britt is a licensed psychotherapist and human behavior expert who literally wrote the book on getting unstuck. *The Science of Stuck*, (*Penguin Random House*) is now available in 8 languages and has helped millions of people around the world break through what's holding them back.

No matter how successful or high achieving, *everyone* knows what it's like to feel stuck.

With her candor, humor, and practical approach, Britt quickly cuts through the cultural fluff with actionable tools to put you back in the driver's seat of life. Whether she's leading a workshop, presenting a keynote, or consulting with organizations, Britt's work leaves clients with science-based tools to help their brains brain better. Because when your brain BRAINS better, your life gets better.

Education and Certifications:

- BA, Duke University

- MSW, The University of Kansas
- SEP (Somatic Experiencing Practitioner)
- LSCSW- KS (Licensed Specialist Clinical Social Worker)
- Level 3 IFS Trained (Internal Family Systems)
- Award-winning adjunct faculty at the University of Kansas

Speaking Topics

Britt's signature keynote is centered around her expertise in human behavior and is tailored for each of these audiences:

- Peak Performance
- Leadership
- Mental Health

NOTE: All can be done as keynotes or deep dive workshops

Peak Performance Keynote Description:

UNSTUCK: The Simple Science of Big Results

Ready to level up?

Learn simple, science-backed tools to achieve peak performance. And the best part? NO MOTIVATION REQUIRED.

The secret sauce to building confidence, resilience, and a peak-performance mindset is aligning the relationship between the brain and body.

When it's time to suit up, show up, and get things done, an untrained mind will sabotage the situation.

When you feel stuck, many people get hit with self-doubt, imposter syndrome, or feelings of *"why can't I just do the thing?"*

But here's a shocking fact—you don't need motivation to get unstuck. You don't need to "just think positive" to overcome procrastination. You don't need to spend 10 years in psychotherapy to level up your life.

In situations where split-second decisions make the difference between winning and losing, athletes must rely on a seamless alignment between the mind and body. But mind-body alignment isn't just for athletes. High-performance in any arena- leading a team, launching a brand, building a life you love—requires the same strategy.

Drawing upon groundbreaking research from her wildly popular book *The Science of Stuck* (Penguin Random House), licensed neuro-psychotherapist Britt Frank, LCSW dismantles the myth of motivation— and leaves audiences with actionable, practical, science-backed tools to get unstuck from ANYTHING (no motivation required).

With 40 million Americans reporting dissatisfaction, stress, burnout, and overwhelm, we need new solutions to help our brains brain better. Because when our brains brain better, our lives get better.

Britt provides simple, neuroscience-backed tools that help your audience:

- Activate and sustain a peak performance mindset
- Level up their personal and professional game
- Cultivate resilience through uncertainty
- Unleash momentum in ANY arena

In this high-energy and myth-busting talk, audience members will walk away with:

- **Science-backed tools to go from STUCK to SUCCESS:** We often mistakenly think momentum requires motivation. It doesn't. You don't need to feel anything to shift everything. Three simple strategies are all that's needed to unlock your brain's potential
- **The Secret to Training your Mind:** Many of us were taught we needed to feel motivation to get moving. We learned WRONG. Britt's surprising (and simple) science-backed strategies harness the relationship between the brain and body to unleash peak performance brain states.
- **The Power of the Micro-Yes:** Britt's single most popular tool can be used with everything from "why can't I just send that email" procrastination to stress and burnout (and everything in between). On the spectrum of stuckness, micro-yesses work to quickly shift you from inertia to momentum.

Leadership Keynote Description:

The Science of Stuck - Lead Through Uncertainty with Confidence

The future of work is human, leaders **need** to know how the human brain brains—and why we get stuck. If you want to lead people confidently through uncertainty and disruption, you need neuroscience-based skills.

Using Britt's surprisingly simple, science-backed strategies, you'll be able to help your team feel seen, heard, and empowered.

If you're feeling stuck with how to shift to the next level, then join Britt for a fast-moving ride where science meets leadership— and where you'll learn how to unlock more collaboration, innovation, and creative power in yourself and your team.

Audiences will walk away with:

- Practical, easy to implement tools to shift yourself (and your clients, colleagues, and direct reports) from *emotional brain* to *logic brain*.
- How to talk so your team will listen— and how to listen so your team feels heard. No therapizing required.
- Brain hacks to up level your decision making capacity
- Why you **don't** want more feelings and empathy in the workplace— and what to do instead.

With these new tools, you'll be able to:

- **Instantly build trust with Britt's "How to Listen" Scripts:** You don't need to be a therapist to be a skillful listener. Learn the pro tips that help people feel seen, heard, and valued.
- **Make Meetings Twice as Productive in Half the Time:** With a few simple brain-based tricks, you can maximize efficiency and outcomes in meetings.
- **Cope with Workplace Stressors:** Life isn't easy, but the tools to manage stress, overwhelm, and burnout are simple.
- **Learn the Power of the Micro-Yes:** Britt's single most popular tool can be used with everything from "why can't I just send that email" procrastination to stress and burnout (and everything in between). On the spectrum of stuckness, micro-yesses work to quickly shift you from inertia to momentum.

Mental Health Keynote Description:

The Science of Stuck - Break Through What's Holding You Back

With 40 million Americans reporting dissatisfaction, stress, burnout, and overwhelm, we need new solutions to help our brains *BRAIN BETTER*. Because when our brains brain better, our lives get better.

When you understand how to activate your brain's capacity for choice, you can get unstuck from **anything**.

We all experience stuckness in our lives—in our relationships, careers, our bodies, habits, and more. We know what we're **supposed** to do to move forward, but there always seems to be something blocking the way.

Human behavior expert (and recovering human disaster) Britt Frank, is a licensed neuropsychologist who literally wrote the book on being stuck. *The Science of Stuck* (Penguin Random House) was named by *Forbes*, NPR, SHRM, *New York Magazine*, and *Esquire* as a must-read and Britt is a contributing columnist to *Psychology Today*.

Using a potent mix of science-based strategies and stories from her shocking personal journey through addiction and anxiety, Britt quickly cuts through the noise with practical tools you can use **today**.

Britt's intention is for your audience to walk away with an actionable, science-based plan to break through stagnation and ignite growth—starting **now**.

After listening to this high-energy and value packed keynote, audiences will:

Discover the 3 Steps to Unstuck: With no therapizing, no trauma-dumping, and no drain on your energy, you can use Britt's signature process to get yourself moving immediately.

Learn to Harness the Power of Anxiety: Anxiety isn't what you think it is. Learn how to make anxiety work **for** you (and why we need it).

Identify the #1 daily habit to eliminate procrastination: When you know how to decode your brain, you can overcome bad habits and create new ones. .

Learn to Cope with Workplace Stressors: Life isn't easy, but the tools to manage stress, overwhelm, and burnout are simple.

Learn The Power of the Micro-Yes: Britt's single most popular tool can be used with everything from "why can't I just send that email" procrastination to stress and burnout (and everything in between). On the spectrum of stuckness, micro-yesses work to quickly shift you from inertia to momentum.

When you get unstuck, life gets better.

Workshops

Workshop 1: The Science of Stuck: Unleash Peak Performance

Description: This workshop is designed to help leaders, managers, and team members identify and break through the barriers that are holding them back in their careers. By understanding the science behind habits and using practical tools, attendees will learn how to optimize their brain for peak performance and personal leadership.

Audience Takeaways:

1. Identify personal and professional barriers that lead to feeling stuck.
2. Learn science-backed techniques to break bad habits and create positive routines.
3. Develop a personalized action plan to enhance career growth and personal fulfillment.

Workshop 2: Mastering Communication: The Key to Professional Success

Description: Effective communication is crucial for leadership and career advancement. This workshop provides practical neuroscience-based strategies to improve communication skills, resolve conflicts, and build stronger professional relationships, leading to a more cohesive and productive work environment.

Audience Takeaways:

1. How to listen so your team will talk— and how to talk so your team will listen.
2. Learn practical techniques to improve verbal and non-verbal communication skills.
3. Gain tools to manage and resolve conflicts, fostering a collaborative work culture.

Workshop 3: Boundaries and Balance: Enhancing Productivity and Well-Being

Description: In a fast-paced work environment, maintaining healthy boundaries is essential for productivity and well-being. This workshop teaches participants how to establish and maintain boundaries, reduce stress, and enhance overall job satisfaction.

Audience Takeaways:

1. Learn the importance of healthy boundaries for personal and professional well-being.
2. Develop strategies to set and maintain boundaries.
3. Gain tools to manage stress and restore a sense of choice and control.

Videos

Britt Frank Speaker Reel: <https://vimeo.com/1061017180>

Video Segments from Keynotes:

Leadership topic: <https://vimeo.com/1036878692>

Peak Performance Topic:

Keynote segment #1 <https://vimeo.com/1036882987>

Keynote segment #2: <https://vimeo.com/876754273>

Women's Leadership:

Women's Leadership keynote segment: <https://vimeo.com/1104933582>

Confident Communication for Women - Ditch the Shrinking Language:

<https://vimeo.com/1104946730>

Mental Health & Wellness Topic: <https://vimeo.com/876859440>

Photos

[Britt Frank Photo 1](#)

Books

[Align your mind](#)

[The Science of Stuck Book and Workbook](#)

For Ordering The Science of Stuck & More Info:

<https://www.amazon.com/gp/product/B097B3BHL6?tag=randohouseinc7911-20>

A/V, Stage and Green Room Requirements

1. If there is not an onsite A/V team please let us know
2. Lavalier mic or headset with fresh battery pack (no hand held mics please)
3. Speaker will need the client to provide everything needed to run the PowerPoint presentation including a computer and all connecting cables.
Speaker will provide a link to presentation slides in PowerPoint in advance and will bring it on a thumb drive as a backup
4. 1 - 2 screens minimum to display PowerPoint Confidence Monitor with 2 screens showing current slide and next one *(if you won't have this it's okay but please let us know in advance)
5. Clicker to be able to advance slides (make sure it has fresh batteries)

6. For Green Room: Bottled Water
7. For Stage: Stage setup to enable freedom of movement and will need a bottle of water on stage.

Stage Introduction

Britt Frank is a licensed neuro-psychotherapist and author of *The Science of Stuck*, released by Penguin Random House and named by *Esquire*, *Forbes*, and *New York Magazine* as a must-read. Britt received her undergraduate degree from Duke University and her master's degree from the University of Kansas, where she later became an award-winning adjunct professor.

Using simple, science-backed strategies, Britt's work dismantles the myths that keep us stuck in the gap between what we KNOW and what we DO. When you know how your brain works, you can stop the war in your head, get back your sense of choice, and live a happier, healthier life.

Note: After this is read, please have A/V play an energetic walk on song for Britt to walk onto the stage. "I got a Feeling" by the Black Eyed Peas is her favorite if that's possible.

Testimonials

[Britt Frank Testimonials](#)