

Keynotes & Workshops

Whether you're looking to inspire a large audience or dive deep with a leadership team, **our workshops and keynotes combine powerful insight with practical tools to help you build stronger teams and healthier cultures.**

Here are our most requested options right now.

Keynotes

Courage and Clarity in a World on Fire:

How Leaders Build Safety Intelligence™ in Complexity

The ground is shifting faster than ever. Teams face constant disruption, shifting priorities, and high stakes. In this session, leaders discover Safety Intelligence™, the seven capacities that help them stay clear-headed, courageous, and collaborative, so they can act decisively, recover safety quickly, and sustain high performance no matter the level of disruption. Attendees walk away with practical tools to navigate fear, repair psychological safety, and lead with confidence in even the most complex environments.

Failure By Design:

How Leaders Build Learning Cultures

Innovation requires risk, but most organizations punish it. This session shows leaders how to intentionally create environments where experimentation drives learning, innovation, and growth. Attendees leave ready to leverage failure as a tool for smarter decisions, stronger teams, and transformative results.

The Thinking Skills Today's Leaders Can't Afford to Ignore:

The Critical Leadership Skills You're Not Thinking Enough About

Leadership in complexity demands more than experience – it requires the ability to think in new ways. This session equips leaders with the essential thinking skills to make smarter decisions, spark innovation, and build resilient, high-performing teams.

Stop Leading Like This:

Why capable leaders give away their power and how to take it back

Most leaders think they have a time problem. They don't. They've become the place where everything lands. In high-pressure environments, even the strongest leaders begin to step in more, decide more, and carry more than their role actually requires. It looks like commitment, but over time, it slows decisions, weakens ownership, and quietly trains the team to depend on the leader.

This session helps leaders see the hidden patterns that keep them stuck in that cycle—and what it looks like to shift out of it. Attendees leave with a clear way to step back without disengaging, build stronger ownership on their team, and lead in a way that creates momentum instead of holding everything together.

Psychological Safety Under Pressure

When stress is high and values are tested, how do leaders build trust, candor, and learning? In this session, Cathy shares lessons from her book and offers practical tools to help leaders rise above the noise, regain energy, and show up with curiosity and care.

View more on the next page!



Brave Spaces, Better Teams

What do silence, disengagement, and “meeting after the meeting” really signal on a team—and how do those patterns block trust, learning, and innovation? Participants will leave with practical ways to build a culture where people step forward rather than shut down.

GOT DOPAMINE?

Where Bad News Leads to Better Solutions

Through leadership lessons drawn from team feedback and tough conversations, Cathy demonstrates how to turn complaint cycles, silence, and implementation frustrations into honest dialogue and shared problem-solving. Participants will gain a deeper understanding of the barriers to psychological safety and leave with strategies to surface concerns early and solve problems together.

Be Somebody’s Seatbelt

In this powerful keynote, Cathy shares a personal story about the impact of showing up for one another in everyday moments. When people feel truly seen, they don’t just endure challenges—they rise with courage, purpose, and the strength to support others. Audiences will be inspired to become the heartbeat of healthier communities, stronger workplaces, and more human-centered spaces.

Unshakable:

Finding Your Voice Again After Being Made to Question Your Worth

Many women know the quiet pain of being dismissed, doubted, manipulated, or made to feel like they are too much—or not enough. Drawing from her own experience, Cathy shares a story of resilience and healing, offering not only validation but a path forward. Participants will leave with renewed strength, restored trust in themselves, and a deeper sense of voice and worth.

View more on the next page!



Workshops

When Grown-Ups Need to Grow Up

Even experienced leaders can get stuck in unproductive drama roles—victim, villain, or hero—without realizing it. This session helps leaders recognize these patterns, step into maturity, and foster a culture of ownership and accountability. Participants walk away ready to transform team dynamics, model responsibility, and drive results with less friction.

The Momentum Model

How Leaders Reclaim Time Without Burning Out

When leaders are under pressure, time and attention get pulled toward the tasks that are the loudest instead of the ones that have the most impact. This often leads to over-involvement, uneven ownership, and stalled progress across teams. In this interactive workshop, leaders use the Momentum Model to identify where their time is going, what is limiting forward movement, and how their own patterns may be contributing. Attendees leave with a clear picture of what to stop, delegate, and redesign, along with practical tools to shift how they lead so their teams can operate with greater clarity, consistency, and momentum.

The Elephant in the Boardroom

Sometimes the biggest barrier to psychological safety sits in the leadership seat. This session reveals the subtle ways leaders inadvertently block trust and engagement and how to shift behaviors to cultivate open, high-performing teams. Attendees leave equipped with concrete strategies to build credibility, accountability, and lasting cultural change.

View more on the next page!



Five Generations, One Goal

Five generations in the workplace bring wisdom, energy, and... friction. This session shows leaders how to use psychological safety to bridge perspectives, unlock collaboration, and turn generational differences into team strength. Attendees will leave with practical strategies to foster understanding, respect, and high-performing cross-generational teams.

The Chicken & Egg of High Performance

High performance and psychological safety are deeply intertwined, but which comes first? This session uncovers how imposter syndrome, leadership habits, and team dynamics interact to either fuel growth or hold teams back. Leaders will gain actionable insights to create environments where safety and performance reinforce each other, accelerating results.

Ready to bring a Thought Design speaker to your event?

Whether you're planning a keynote, workshop, or retreat, we'll work with you to create the right experience for your audience and your goals.



Connect with us!

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