



# J. Elise Keith

MEETING MAVEN

AUTHOR

INDUSTRY LEADER



# Businesses run on meetings.

They are the focal point of a team's energy and a primary driver of progress. That's why unproductive and unsuccessful meetings can sap the energy from a workplace and create problems across the business.

## THE GOOD NEWS? CHANGE YOUR MEETINGS AND YOU CHANGE EVERYTHING.

Backed by over a decade of research and work with thousands of organizations, Elise reveals the underlying systems, meeting habits, and scientific research used to drive performance in the best teams worldwide. She encourages business owners and managers to:

- 1) Escape the bad meetings doom loop.**
- 2) Build a meeting system based on science.**
- 3) Learn from the best and play to win.**

As a speaker, she guides audiences through these steps, providing them with actionable strategies for improving their meetings right away.

# Speaking topics

## **THE 5 SECRETS HIGH-PERFORMING TEAMS KNOW ABOUT MEETINGS**

*Best for leaders and teams looking to improve their meeting culture*

Learn 5 ways high-performing teams approach meetings to ensure these vital conversations engage employees and drive results. Audiences reflect on their own meetings and hear inspiring stories about practices in successful organizations (from big companies, small companies, startups and non-profits) that they can bring back to their teams.

## **MEET BY DESIGN: USING SCIENCE TO RUN AWESOME TEAM MEETINGS**

*Best for managers, team members, and development specialists*

There's no shortage of advice about meetings out there, but what really matters? In this interactive talk, audiences learn what science reveals about meetings. Insights from neuroscience, high-performance research, and organizational design studies show how teams can use simple systems teams to keep meetings productive and engaging. Audiences will leave with a whole new perspective on meetings, inspired by the research and stories showing how they too can make their meetings a source of meaning and pride.



# ABOUT

# J. Elise Keith

FOUNDER AND CEO, LUCID MEETINGS

Elise Keith is the Founder and CEO of Lucid Meetings and Meeting School, the author of *Where the Action Is: The Meetings That Make or Break Your Organization*, a regular contributor for Inc. and Thrive Global, and a frequent commentator on business meetings.

Lucid Meetings provides services, software, and resources that help thousands of organizations worldwide implement a system of successful meetings.



**MEETINGS ARE SOMETHING EVERYONE DOES, NO ONE CLAIMS TO LIKE, AND THAT VERY FEW PEOPLE TAKE SERIOUSLY — AND THAT'S AN OPPORTUNITY."**

CONNECT WITH ELISE AT [JELISEKEITH.COM](https://www.jelisekeith.com)

# People are talking about Elise

*"Such a great workshop with so much I'm going to take back and use. Tips to use as well as some things to think about."*

*"This was a really excellent talk with lots of actionable suggestions and useful takeaways. I'm glad I caught this workshop!"*

*"Your presentation was perfect for our audience. Thanks for a great informative and lively presentation. Many managers will do well to hear your message."*

*"Overall it was one of the better presentations I have observed. I loved the presentation and the presenter's energy was fantastic! Thanks!"*

**SPEAKER RATING** ★★★★★ 4.82 / 5

## A trusted authority



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conversation**



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