

Keynote Description

Keynote 1: Don't Burn Your Cake

How to Reset, Rise, and Reclaim Your Power Before Burnout Takes You Out

This isn't your typical burnout talk. In this raw, relatable, and energizing keynote, Rashad Hayes delivers a wake-up call wrapped in humor, heart, and healing.

Drawing from his personal journey as a cancer survivor and social worker turned powerhouse speaker, Rashad introduces audiences to the Don't Burn Your Cake® mindset, a powerful shift that teaches individuals how to:

- Recognize the signs of burnout before it hits
- Stop proving and start doing
- Reset with purpose using the CAKE Method:
 - Continue to Learn
 - Always Love Yourself
 - Know Your Worth
 - Enjoy Your Life

Whether your team is teetering on the edge or already in the fire, this keynote gives them permission and the tools to rise from the heat stronger than ever.

Keynote Description

Keynote 2: Re-light the Candle

Restless Resilience: Re-Light The Candle

Restless Resilience is the fire that refuses to burn out, that inner push that keeps us moving when life or external challenges try to hold us down. It's the power to stand in the heat, rise from adversity, and rebuild again, stronger, wiser, and more unstoppable each time; the ability to adapt and adjust.

This isn't just about bouncing back, it's about bouncing forward. It's about using the restless energy we feel in our darkest moments as fuel to create something brighter for ourselves and the people we serve.

Goal: To help people see that their restlessness is a sign they're not done yet, that there's more life, more purpose, and more joy ahead.

Objectives:

- Ignite hope in those who feel stuck, showing them how to rise above life's hottest moments. Rejuvenate hope and resilience.
- Equip people with real, practical tools to turn adversity into growth.
- Empower every audience to stand up, stand strong, and keep going, even when life says, "Stay down."

At its core, Restless Resilience is about transforming the struggle into your story, proof that you can't be broken, only rebuilt. Rest Resilience is built upon the foundation of the C.A.K.E methodology. Continue to Learn, Always Love Yourself, Know Your Worth, and Enjoy Your Life.

Don't Burn Your Cake®

Keynote Description

Keynote 3: Get My Fire Back

Get My Fire Back

Reignite Your Passion, Purpose, and Power—Without Burning Out

Life has a way of dimming your light. The deadlines, the expectations, the proving, the pressure, before you know it, you're showing up, but your fire's gone out. In this high-impact, soul-stirring keynote, Rashad Hayes helps individuals and teams reconnect with the spark they've lost and the strength they didn't know they still had.

With his signature blend of storytelling, humor, and straight-up truth, Rashad walks audiences through what it really takes to:

- Break free from survival mode
- Reclaim joy in the work and the why
- Build habits that protect your energy, not drain it
- Lead yourself with authenticity, confidence, and care

This isn't about "finding balance"; this is about getting your fire back without burning up in the process.

Whether you're burned out, burned down, or just tired of pretending you're fine, this keynote lights the match and hands you the tools to rise.