Our next speaker understands pressure in a way few people ever will.

When life turned up the heat with a cancer diagnosis of his own, he faced a defining choice: shrink under the pressure or rise through it. He chose to rise, and in the process, he discovered something powerful.

Pressure doesn't destroy people.
Unmanaged pressure destroys capacity.

Today, he is the thought leader behind **Don't Burn Your Cake®**, a transformative movement helping leaders and high-performing organizations protect their capacity and prevent burnout. Through his powerful framework, Prove. Pause. Proceed. he challenges audiences to rethink performance, regulate pressure, and sustain excellence without self-destruction.

He doesn't just inspire.
He equips.
He challenges.
He transforms.

Please join me in welcoming keynote speaker and capacity thought leader…

Rashad Hayes.