LINDSAY PRATHER

keynotes · workshops · breakouts

The Gap Between Knowing & *Doing*



We know the conversation we need to have. The boundary we need to set. The kind of parent, partner, leader, or person we want to be. And still, knowing doesn't always become doing.

This talk explores what happens in that gap, and how building the capacity to tolerate productive discomfort gives people more freedom to choose what matters, instead of whatever makes the discomfort stop.

Every rep expands the space between "this is uncomfortable" *and* "I need this moment to end." *And inside that space, we get to decide.*

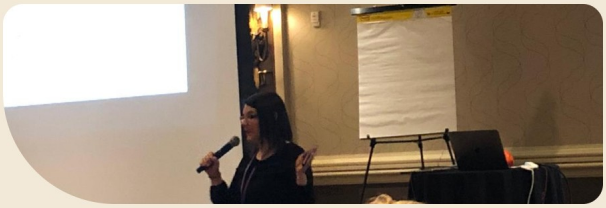
Take the rep.

what changes for your audience

Language for their gap
A clear way to name where knowing and doing split apart, at work and at home.

A way to tell the difference
Productive discomfort, the cost of growth, versus discomfort that's saying something needs to change.

A rep for Monday
One small, specific action for the next time it gets uncomfortable.



formats and rooms

Keynotes · workshops · breakouts · professional development · parent & community talks · podcasts

Conferences, associations, leadership teams, schools and parent communities, across Europe and the US, in person and virtual.

about lindsay

Lindsay Prather is a writer and speaker exploring the gap between knowing what matters and actually doing it. Her thinking has been shaped by more than 15 years across performing arts, alternative education, entrepreneurship, consulting, and leadership. And by life itself: parenting, relationships, years on the road and on a farm, moving her family abroad, and her own encounters with that gap.

background

Founder, Jitterbug Performing Arts (2011): Best Children's Program and Most Innovative Product awards

Founder, BRIDGE Mindset (2018)

15+ years leading a brick-and-mortar business; 8+ years coaching and consulting

Certified life coach · Nonviolent Communication and crisis management specialist

Published contributor and invited speaker

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