

Pat Schultz

KEYNOTE SPEAKER

“Pat Schultz is a dynamic speaker who communicates her thought-provoking ideas with passion and clarity. She is not just knowledgeable about her topics but she knows how to add a good dose of humor to the mix. Pat is a talented speaker and she truly cares about her audiences.”

– Erin Loman Jeck, CEO of Transformational Speakers Agency

Pat Schultz delivers powerful, neuroscience-backed strategies that help audiences break through fear and self-doubt, so they leave not only inspired but equipped to create lasting change in their work and lives.



The Scrapbook and the Stories of the Brain

Your brain is a master storyteller, constantly filling in gaps and shaping your life—often with fear, doubt, or assumptions. In this personal and engaging keynote, Pat Schultz shares a pivotal story from her year abroad in France and the surprising truths revealed years later in a family scrapbook.

Using neuroscience, Pat explores how the brain's survival wiring, negativity bias, and predictive patterns influence the stories you tell yourself—and how you can reframe them to create new possibilities.

AUDIENCES WILL LEARN:

- Why the brain's first “draft” isn't always true
- How to reframe narratives for confidence, resilience, and empowerment
- Why authenticity matters more than perfection

Through storytelling, practical exercises, and neuroscience insights, participants will uncover hidden patterns shaping their lives and learn to rewrite their stories with clarity, courage, and freedom.

TAKEAWAY: Question the first draft your brain writes, uncover your hidden “scrapbooks,” and open the door to transformation.

Beyond the Comfort Zone: The Neuroscience of Fear, Freedom, and Transformation

Why do so many New Year's resolutions—and lifelong dreams—die before they even start? Research shows that 68% of resolutions are abandoned before February 1. The problem isn't willpower. It's wiring.

In this inspiring and science-backed keynote, Pat Schultz reveals what really happens in the brain when we try to step out of our comfort zones—and why fear shows up the moment we reach for something bigger. Through powerful storytelling and the lens of neuroscience, Pat explains the “terror barrier”—that tug-of-war between old patterns pulling us back and new desires pushing us forward.

AUDIENCES WILL DISCOVER:

- How to reframe fear as temporary discomfort
- How to harness the brain's plasticity to rewire limiting beliefs
- How to take bold action toward long-held dreams

TAKEAWAY: This isn't just another motivational talk. It's a roadmap for rewiring the brain, reframing fear, and creating lasting transformation.

Does Your Bucket List Have a Hole in It?

What if your lifelong dreams never come true—not from lack of desire, but because your brain keeps pulling you toward comfort instead of growth?

In this personal keynote, Pat Schultz shares her mother's unfulfilled dreams, her own journey into transformational speaking, and the neuroscience of the Reticular Activating System (RAS) to explain why bucket-list goals slip away—and how to stop it.

AUDIENCES WILL LEARN:

- How to clarify your heart's true desires
- Why limiting beliefs—not obstacles—hold you back
- How to rewire your brain to cancel self-doubt and create empowering patterns
- How to embrace discomfort for growth

TAKEAWAY: Participants leave inspired with a four-step, science-backed process to plug the holes in their bucket list and finally take action on their dreams.

Through personalized coaching, Pat helps women over 40 transform their fears into actionable steps, leading to greater freedom and success in their personal and professional lives. Read Pat's story in her chapter, “Does Your Bucket List Have A Hole In It,” featured in the anthology, *Her Unseen Battle*, an Amazon Bestseller in the US, the UK, and Canada.



BOOK PAT
TO SPEAK

info@imready4takeoff.com
www.imready4takeoff.com

Success Coach | Transformation Guide | International Speaker & Author | MBA, Case Western Reserve University | Certified Transformational Speaking Coach, Transformational Speakers Agency | The Emotionally Intelligent Leader Certificate, CWRU Executive Education

SPEAKING TOPICS