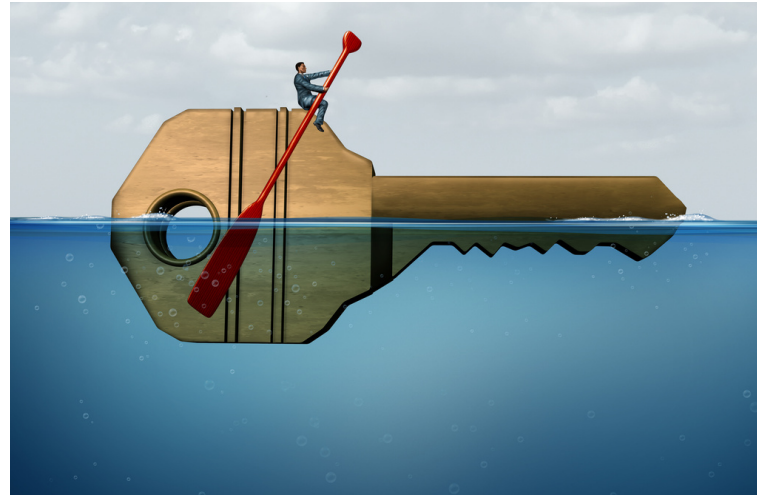




Empowering Keynotes

The Captain and the Poet lend themselves to a variety of topics around the human experience. We all want to be our best selves. We all want to belong. We all want to be happy. We all want a better world. And sometimes we all need a little inspiration! Invite our speakers in for a thoughtful, passionate and inspiring exploration of what it means to be our best selves and to navigate the world around us with authenticity and compassion. Walk away with simple formulas that will transform your perspective on how you show up in the world.



The Captain & Poet in All of Us

Introduce the Captain and Poet to your group and leverage this simple language to heighten self-awareness, self-leadership and connection. Join us for a thoughtful, passionate and inspiring exploration of what it means to be our best selves and to navigate the world around us with authenticity and compassion. Align the Captain and Poet to key themes and priorities for your school or organization and see them come to life in beautiful ways.

Teaching and Modelling Resilience

Resilience is a hot topic these days but we often treat it superficially and expect parents and teachers to simply know how to nurture their own resilience and that of their children. Join us to learn how to tap into this innate “superpower” and understand the combining factors that contribute to an individual being truly resilient. Learn personal strategies for fuelling your own resilience, and how to incorporate practical strategies at home to provide a supportive and nurturing environment for everyone.

Soft Skills ARE the New Power Skills

Research shows soft skills are critical to productive relationships, teams, organizations, and leadership. What if this next generation learned to harness what is innately within them and embraced soft skills as the most powerful tools in their toolkit? Learn how to tap into your Superpowers, show up fully, transform the environment around you, and thrive in your personal, academic, and future life.

Finding Your Authentic Self

Being authentic is something that comes naturally to us at a young age and then we start to shut key parts of ourselves down. The result? We pay the price on our happiness, relationships, and success. How do we reach our full potential if we aren't being our full selves? Learn how to reconnect with your unique offering to the world, move from fear to confidence, and understand that when you show up authentically for yourself and others everything falls into place.

"When your Captain and Poet come together, it creates something truly beautiful."

Contact Us

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Watch our videos to learn more!

