



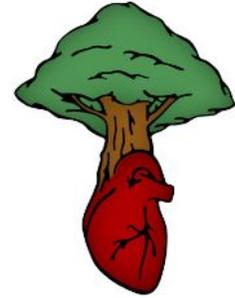
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The Growth Farmer

"What you plant in your heart & mind is what will
be grow & harvest from your life.

BE SOLID. BE LOVE."



Speeches & Descriptions & Intended Audience For Promotion

1. Be Solid Core Speech (15-30 minutes)

Target audience: Adults who have experienced divorce and broken relationships, business groups, people struggling with healing after experiencing personal loss and trials, people struggling with confidence and self-esteem issues from deep seated fears, insecurities, and personal loss.

Description: This is the foundational speech on the core topic of the Be Solid Book. Can be adapted to any audience and theme. The foundational takeaways are that challenges, obstacles and trials are part of the human story. They can be used to create your best self and your best life. What's inside of you is gold. You have a heart of gold. But life has a tendency of creating experiences that cause you to doubt yourself, your worth, and your future. Instead of seeking validation from others to change how you see yourself, learn how to embrace yourself fully, how to lean into the pain of trials and use these experiences to become the best version of yourself.

Key Takeaways:

1. Gain powerful metaphors for what personal pain and loss look like and how to overcome them
2. Learn how to heal your heart and mind from personal loss, particularly in loss of relationships (breakups and divorce)
3. Learn how to practice self-care and self-love in an empowering way that transforms how you see yourself, how you see others, what you attract into your life, and how to practice living the Wholeness lifestyle
4. Practical applications of self-love and self-care that are easy to do, make you feel empowered and inspired, and dramatically transform yourself into the best version of you.

2. You're Worth Fighting For Speech (25-45 minutes)

Target audience: Adults who have experienced divorce and broken relationships, business groups, people struggling with healing after experiencing personal loss and trials, people struggling with confidence and self-esteem issues from deep seated fears, insecurities, and personal loss. Youth and college students who struggle with anxieties, self-esteem issues, worries, worthiness, doubts, and other mental health issues.

Description: An alternative to the Be Solid Speech, this presentation focuses on confidence and self-esteem, particularly in dealing with self-image. Using personal stories, metaphors, and pop culture references, audience members will gain insights into the causes of insecurities, fears, worries, anxieties, and other issues that affect mental health in a very relatable way. One of the biggest focus areas this speech covers is the attitude people have about wanting validation and being codependent. For people who have struggled with needing acceptance from others, wanting to fit in, operating out of codependency, and seeking validation, this presentation gives practical steps to take to overcome these issues, gain inner peace, strength, confidence, and operate out of self-assuredness. Level up after embracing yourself and choose to fight for your own heart and mind instead of wanting someone else to fight for you.

Key Takeaways:

1. Why the only person whose opinion about you that matters is your own.
2. Why seeking validation and acceptance is a recipe for feeling depressed, anxious, nervous, and insecure.
3. How to overcome deep dark fears and insecurities pertaining to worthiness, acceptance, and love.
4. Practical and powerful tools to transform your heart, mind, and life using self-love and self-care
5. How to fight for yourself and your worth to gain the internal confidence and strength to take on anything life throws at you.

3. Embrace The Desert As The Key To Your Dream Life (45-60 minutes)

Target Audience: Churches, church and spiritual retreats for adults and youth related to overcoming obstacles, mental health issues, self-love, and embracing the difficult times of growth during personal and spiritual development.

Description: This speech is intended as a keynote, sermon, or long presentation specifically for churches, religious groups, and spiritual seminars. Containing spiritual and Biblical references and truths, this presentation deals specifically with times in life that seem like hope is lost. If

you've been working to overcome a trial or problem, or feel like your dreams are lost and you're in a desert, there's a reason for that. Using the key scriptural reference from 1 Samuel 24 and 25 of David in the desert running from Saul, as well as using personal stories to further exemplify the points, audiences will learn how God uses the desert to solidify your faith to take you into your destiny. We often want things done our way and in our timing. But divine wisdom sees how we need to be tested, prepared, and matured to be able to handle the bountiful abundance that God has in store for us. Instead of choosing to think God has given up on you, embrace the desert because it's the key to becoming the person who lives the best life, the one you've been praying to have for so long!

Key Takeaways:

1. It's in the non-action-packed times when God is doing the real, fine-tuning work on your heart and mind to prepare you for receiving your biggest promises.
2. Why being pulled away from your comfort zone (and sometimes away from people) is essential to you living your destiny.
3. How to grow in faith as you go through trials and difficult times.
4. How to embrace the changes that God brings to you in the deserts of life.
5. See why David had to experience the desert on the run from Saul to become king, instead of having it handed to him after defeating Goliath. It's doing the non-sexy work of personal development that God is really making you ready for the fulfillment of His promises to you.
6. Practical steps to grow your faith and increase your connection with God as Love in difficult times.
7. How to see yourself as God does through the lens of Love.

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4. How To Use Your Pain To Create Your Best Work (flexible time based on event)

Target Audience: Creative entrepreneurs, artists, musicians, writers, media creators, actors, and students in the arts.

Description: Where does inspiration come from? What are the conditions that are necessary to create great work? Often we feel and believe that we need to be in a good head space or a good health space (mental and emotional health in particular) to have the inspiration, motivation, and drive to produce great work. But that's not always true. What if you're struggling through the loss of a relationship? Or having a tough time growing your work or building your business? Can negative experiences be used as catalysts for creating work that changes your life, and also changes the lives of others? Actually, pain can be a great resource that creates transformation that few other things do.

Key Takeaways:

1. Don't wait for motivation and inspiration to strike you. It won't. Use your emotions, even painful ones, and channel them into transformative art.
2. Difficulties and facing challenges can be the most powerful instruments in creating the therapy for healing and restoration.
3. Communities are where growth and success come from. It's here where we build the resources to have the life we dream about.
4. Our shared stories create the connection points of attraction that lead to change, healing, growth, and success.
5. You can turn your pain into rocket fuel to propel you into the peace, healing, and success you dream about.