CHRIS BEHNKE

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Keynote Proposal · Marketplace Edition

“**Peace Not Pressure:** Unlocking Leadership Without Burnout”

Abstract

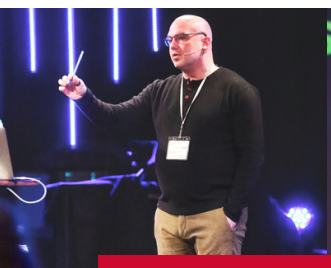
What if the pressure you treat as fuel is the very thing wearing you out? On a 28th anniversary trip to Lisbon, Chris woke from emergency surgery in a windowless recovery ward, forced to stop completely for the first time in years. The clarity he found there changed how he leads. Blending neuroscience, the NEXUS Profile, and hard-won stories, this keynote shows high performers why burnout is usually a mismatch, not a work-ethic problem, and gives them a framework to do their best work from peace instead of pressure.

> “Chris is one of the most professional and passionate leaders I know. The strategy he delivered transformed Kilns College and enabled us to reach students worldwide.”
> — Jerry Shultz, Extended Learning Dean, Central Oregon College

> “When you need a speaker who can address the whole of a business—culture, technology, marketing, operations—put Chris Behnke on your short list. I recommend him highly to anyone ready to expand reach and bottom-line revenue.”
> — Robert Ricciardelli, Founder, Converging Zone Network

Learning Objectives

- Find the Gap between your wiring and your workday with the four-zone 80/20 Audit.
- Apply the Three Pillars: Know Your Design, Flip the 80/20, Rewire the Defaults.
- Walk the walls: get above the noise and lead from clarity instead of reaction.

Audience Fit

Executives, founders, and leadership teams running on fumes, plus HR and wellbeing leaders looking for a fresh take on burnout.