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New York Times #1 Best-Selling Author; Motivational Speaker, Former Monk Turned Digital Influencer

<https://www.kmprod.com/speakers/jay-shetty>

Bio

Former monk Jay Shetty is a *New York Times* best-selling author of *Think Like a Monk*, a life & purpose coach, host of the #1 Health & Wellness podcast “*On Purpose*,” and co-founder of Sama Tea. He is on a mission to share the timeless wisdom of the world in an accessible, relevant and practical way. He has produced over 400 viral videos which have surpassed more than 7 billion views, and his podcast, *On Purpose*, is consistently ranked as the #1 Health podcast in the world. He was named in the Forbes 30 Under 30 for being a game changer in the world of media and has won both the Streamy and Shorty Awards for Best Health and Wellness Creator of the Year. [morelink]

Topics

VIRTUAL / LIVE KEYNOTES

Sample Topics:

Think Like A Monk: Train Your Mind for Peace & Purpose Every Day

[morelink]

How to Find Your Purpose in The Workplace – Interactive [\[morelink\]](#)

Why Connected Thinkers Will Rule the Future [\[morelink\]](#)

Resilience: The Art of Growing When You Want to Give Up [\[morelink\]](#)

The Millennial & Gen Z Mind [\[morelink\]](#)

Personal Online Brand [\[morelink\]](#)

Conscious Communication [\[morelink\]](#)

Self-Care For Service [\[morelink\]](#)

Digital Innovation – Preparing Your Mindset for the Future [\[morelink\]](#)

Additional topics include:

- **Social Media**
Jay shares his social media expertise and insights that has helped him build over 35 million followers and 7 billion views worldwide.
- **Creativity**
Creativity is just connecting things as Steve Jobs put it but what connections are missing from your organization? Jay helps your teams think more laterally, uniquely and openly to discover new solutions.
- **Mindfulness**
This timeless technique can help your teams reduce stress, pressure and anxiety in the workplace. Jay shares practices and tools that anyone can use to find more calm and clarity in their lives.

For more information on speaking **fees**, Jay Shetty's speaking schedule & **booking Jay Shetty contact us**. (Very **SERIOUS** booking-related inquiries only.)