

PLAY YOUR HAND: LIFE LESSONS FROM THE GAME OF POKER



34-TIME CHAMPION

Join Steve Fredlund as he explores valuable life lessons learned from Texas Hold 'em. Through entertaining stories and observations, Steve will share how Texas Hold 'em teaches the importance of knowing what you want from the game, dealing with limited information, understanding what motivates others, managing risk, mindset, critical problem-solving and getting comfortable with variance; and how these insights are applied to improve our work and relationships.

Life is filled with decisions, including many we have to make with limited information. The happiest and most successful people in life are those who have clarity on the experience they want to have, have the emotional intelligence to understand other people, recognize and embrace the ups and downs that are a natural part of their life, and have the courage and intentionality to make decisions aligned to their desired experience.

This is true in relationships, work, leadership, volunteering, school and every other part of our life.

And it is also true in the world of poker.

Steve Fredlund is the Founder of RecPoker, has relationships with top professional players and industry professionals, and has won more than 30 live poker tournaments. Steve is also known as The Safari Dude, a sought-after keynote speaker and leadership coach who invites people to live, work and lead "The Safari Way."

Whether you are a poker player or not, this talk will help you become better at the game of life – with the goal of helping you become more successful and happier.

Formats:

Keynote or breakout– live, virtual or hybrid

Sample audiences:

All–employee groups, small business owners, gaming industry

Sample events:

Sales summit in Las Vegas, marketing association annual meeting

After the talk, the audience will:

1. Understand the risk–reward trade off in making life decisions
2. Recognize there are different overall strategies which impact every decision and outcome
3. Learn the importance of being fully present
4. Understand the impact of variance on decision making and results

