

**Peter Agiovlassis**  
**SIGNATURE PRESENTATION**

# *Moving Forward*

We have all felt stuck at some point in our lives. When that happens, it can feel impossible to keep moving forward toward your goals and dreams. Whether you're feeling a little stuck working on a major project at work, or the initial excitement of something new has worn off, the feeling of being stuck, confused, and overwhelmed can keep us from progressing forward. Sometimes we just want to throw in the towel and give up, but don't give up just yet. This keynote presentation will show people how to move out of their own funk and provide support and inspiration for other people

Peter Agiovlassis shares the ways to tap into your hope and overcome the obstacles that make you feel most stuck. So, whatever your goal you can move forward with your life. Everyone gets into a funk sometimes! Even those really successful people who might initially look like they have it all. When those feelings strike and you find yourself flat, unmotivated, and despondent about what you're trying to achieve, it can be really tough to move forward. It's tempting to blame others and become the least productive manifestation of yourself, focusing in on anger, frustration, and anxiety. Peter will remind us that everyone gets stuck in a funk from time to time and that it's not always easy to shake it off. Don't feel guilty for having this very human experience! If you stick to your vision of the life you want to have and stick to your mission to succeed, you'll find yourself moving forward into happiness and excitement.

## **AUDIENCE TAKEAWAYS**

- How to change your attitude by changing your state.
- How to block out negativity and take ownership.
- How to stop looking at your future life through filters of fear and failures from your past.
- How to assist others in moving out of their own funk.
- How to move beyond limiting beliefs, old habits, and stories you're telling yourself.
- How to let go of what's not working.