

How Stress Impacts Your Decision-Making

Adults make thousands of decisions every day, up to 32,000 according to some research. Far too many of these decisions are made under emotional duress, stress, anxiety, and pressure. When this happens, the rational control center of the brain is no longer in charge, having been replaced by the emotional control center.

As this keynote speech explains, it is not just WHAT you think, but HOW you think, that makes a difference in the outcomes you generate.

Better decision-making and better thinking – and thus better outcomes – can be yours. The key to doing so, especially for important decisions that lead to a more productive and happier life, is in knowing how stress and anxiety impact your decision-making.

Key messages in this keynote talk:

- How stress and anxiety impact your decision-making.
- The main causes of work-related stress and general stress.
- Tips for managing stress before making decisions.

Steven Howard Keynote Speaker | Award-Winning Author

Leadership speaker and award-winning author Steven Howard is a dynamic, thought-provoking, and engaging speaker who brings to audiences the perspective of over 40 years of senior leadership experience in North America, Asia, and Australia.

He also brings a truly international and multicultural perspective to his keynote presentations, having lived in Singapore for 21 years, Australia for 12 years, and Mexico for two years.

A highly accomplished platform and virtual speaker, Steven provides Leadership Keynote Speeches globally for public and corporate conferences, off-site meetings, leadership retreats, and association meetings.



Steven was named one of the Top 200 Global Voices on Leadership in January 2023. In awarding his book *Better Decisions Better Thinking Better Outcomes* a Silver Medal, the Nonfiction Authors Association wrote, "Howard brings a comprehensive plan of action for improving life through recognizing decision-making patterns that don't serve us well, don't enrich our lives, and don't bring us to our goals and dreams."