Avish Parashar

Author and Speaker

Avish is back by popular demand! If you saw Avish at the 2016 IAEM Conference, this program will feature new content, new stories, and new exercises. If you missed him in 2016, don't worry - this keynote is a "stand-alone" program that doesn't require you to have seen him before!

Speaker Bio:

Avish grew up in "exotic" Poughkeepsie, NY and now makes his home in Philadelphia, PA. Though he performed all through high-school, he decided to stop performing when he went to college to "focus on his studies" (his parents were very proud of this decision).

That resolve lasted only a few months, as the first time he saw an improv comedy show he fell in love (his parents were slightly less proud). One week later he auditioned for the campus improv group, got in, and the rest is history. After graduating from the University of Pennsylvania, he started Polywumpus Improv Comedy, which performed regularly in and around Philadelphia for seven years. Avish closed up Polywumpus to focus on the speaking and training side of the business – using improv comedy as a tool to teach valuable business skills such as creativity, innovation, and adaptability.

Weaving together humorous stories, jokes, audience interaction, and improv comedy games, Avish keeps the audience engaged while imparting a key lesson: Planning is Important, but Improvising is Essential! No matter how well you plan, things will go wrong, surprises will arise, and the Universe will throw you a curveball. Your success and sanity are directly related to how you respond these challenges. By the end of one of Avish's presentations you will have key tools to flow with all that life throws at you. Avish has spoken to the very creative (actors and directors), the very un-creative (accountants), the very casual (college students), and the very business-like (sales professionals). The end result is always the same - smiles, laughs, and a new way of looking at life and business.

Avish is the author of "Improvise to Success!" and the Amazon best-selling, "Say 'Yes, And!'" (And yes, his parents are once again very proud.)

Presentation:

'Say, 'Yes, And!'

Two Words that can Transform a Career, Organization, and Life

We can all agree that almost all people want to decrease stress, increase engagement, and be outstanding performers. While there are obvious barriers in the way of achieving this, the real problem can be summed up in two simple words:

"Yes, but."

Because of overwhelm, stress, emotion, and the desire for efficiency, we often say, "yes, but" to other people, to the changes we inevitably face, and worst of all, to ourselves. That little "yes, but" is seductive and appealing because it allows us to stay in our comfort zone. Yet we know that it is true that the next level of success always lies outside of your comfort zone.

Which means we have to be willing to stop saying "yes, but" and instead say, "Yes, And!"

In this high-energy, hilarious, and content packed keynote, past IAEM keynote speaker Avish Parashar will inspire attendees to think differently and stop saying "yes, but" and start saying, "yes, and," to navigating change, improving engagement, and unlocking your full potential.

By the end of this unique, hilarious, and content packed keynote, attendees will be able to:

- Avoid "change-based" overwhelm and stress by focusing on opportunity, progress, and innovation;

- Stop saying "yes, but" and destroying morale and use "yes, and" to inspire, engage, and elevate;

- Make strong, fast, focused decisions in the face of uncertainty and risk;

- Reframe how they think about constraints from limitations to opportunities; and

- Elevate to the next level by setting bigger goals and stepping out of their comfort zone.