

KEYNOTE SPEAKER · LEADERSHIP & PERFORMANCE

CHRIS SUND

YOU ARE **CAPABLE OF MORE.**

AUTHOR · PRESIDENT & COO, UNITI MED, GQR HEALTHCARE & NEBULA · MAXWELL LEADERSHIP CERTIFIED COACH

Helping people, leaders, and teams become the best version of themselves. From a leader still building at scale, in real time.



KEYNOTE SPEAKER ♦ AUTHOR OF YOU ARE CAPABLE OF MORE ♦ INC. 5000 #3 FASTEST-GROWING IN THE MIDWEST ♦ FORTUNE BEST

MEET CHRIS

STILL IN THE ARENA

Chris Sund is President and COO of Uniti Med, GQR Healthcare, and Nebula. Three organizations at the intersection of healthcare staffing and AI driven talent intelligence.

What sets Chris apart is that he is **still building**. He leads at scale, in real time, navigating the same challenges his audiences face every day, and he brings practical frameworks and real world credibility to every stage.

His message is rooted in a simple belief: **people don't leave organizations. They leave experiences, leaders, and moments that could have been better.**



TRUSTED BY LEADERS ACROSS BUSINESS & HEALTHCARE



YOU ARE CAPABLE OF MORE

ONE MESSAGE. FIVE PROGRAMS.

Every program runs under one theme and is built for one outcome: your people leave believing they are capable of more, and knowing exactly what to do about it. Each is available as a keynote, breakout, or workshop, and every one is customized to your event, your industry, and your room.

SIGNATURE KEYNOTE

YOU ARE CAPABLE OF MORE

What if the biggest barrier between where you are and where you want to be isn't opportunity, but the limits you've accepted as normal? **The keynote that rewires what your people believe is possible.**

LEADERSHIP

YOU ARE CAPABLE OF MORE: LEADERSHIP

Real ownership of outcomes, coaching that develops people, and the retention playbook behind "people quit people." Built for leaders who want their team to outgrow them.

SALES

YOU ARE CAPABLE OF MORE: SALES

The daily disciplines of top producers, resilience through rejection, and **turning objections into closed deals**. Frameworks your CRM will see on Monday.

TEAMS

YOUR TEAM IS CAPABLE OF MORE

Mindset, resilience, and performance for teams that compete. Nobody hides, nobody coasts, and everybody protects the standard. Boardroom or locker room.

CULTURE

YOU ARE CAPABLE OF A BETTER CULTURE

The **five research backed drivers** that turn disengagement into commitment, from a leader who built Best Places to Work cultures while scaling fast.

INDUSTRY SPECIALTY

THE POWER OF SMALL MOMENTS

PATIENT EXPERIENCE & SERVICE EXCELLENCE

For healthcare systems and senior care. The small human moments between the clinical ones are what patients remember and rate, and every role in the building shapes them.

INDUSTRY SPECIALTY

WINNING THE TALENT BATTLE

EMPLOYER BRAND, RECRUITING & RETENTION

For recruiters, HR leaders, and talent teams. How to attract stronger candidates, shorten time to fill, and keep the people you land.

SIGNATURE KEYNOTE

YOU ARE CAPABLE OF MORE

60 MIN KEYNOTE

90 MIN WORKSHOP

30 MIN BREAKOUT

VIRTUAL WEBINAR OR FIRESIDE

THE ROOM DOESN'T NEED MORE MOTIVATION. IT NEEDS TO STOP **NEGOTIATING WITH ITS OWN CEILING.**

Most people never reach their full potential. Not because they lack talent, intelligence, or opportunity, but because they get quietly trapped by comfort, fear, self doubt, and the stories they tell themselves about what is possible. Chris has spent his career watching it happen on both sides of the table, as an executive leading hundreds of people and as a speaker in front of rooms of fifty to more than eight hundred.

Built on his book and the ten principles inside it, this keynote challenges audiences to rethink what they believe is possible, then hands them the roadmap to act on it. **People leave energized, focused, and holding something they can use the next morning.** Not a highlight reel. A method.

WHAT YOUR AUDIENCE WALKS AWAY WITH



OWNERSHIP

Name the barriers limiting growth and take back accountability instead of waiting on circumstances.



COMFORT ZONE

Practical ways to chase the opportunities that accelerate learning, starting with the uncomfortable one.



A ROADMAP

A clear, proven framework for building sustainable growth and reaching goals that have been sitting on the shelf.



MOMENTUM

The daily behaviors and decisions that build momentum on the days motivation does not show up.



LIFT OTHERS

Actions that strengthen relationships and create real impact inside teams, families, and communities.

BEST FOR

Annual conferences, leadership summits, sales kickoffs, association meetings, healthcare organizations, women's conferences, athletic programs, and young professional events.

Audience size: Fifty to eight hundred plus. Chris has delivered at both ends of that range and adjusts the room, not the message.

Every program is customized. Before the event, Chris takes a discovery call with your team, reviews your goals and theme, and works your language and challenges into the talk so it lands as yours, not as a stock keynote.

WHAT PEOPLE SAY

THE FEEDBACK SPEAKS FOR ITSELF.

Chris was an outstanding speaker and **a highlight of our event.** He took the time to deeply understand our organization and personalized every moment. His message resonated across all roles, from our providers and clinical teams to our environmental services staff.

MACY WEBB · DIRECTOR OF HR, CRAWFORD COUNTY MEMORIAL HOSPITAL



TM

He crushed our Sales Kickoff **in front of 800+ people**, finding a unique way to connect on both a personal and professional level.

TYLER MORIARTY
DEFINITIVE HEALTHCARE

JR

One of the **highlights of the CSP Conference.** I left inspired, energized, and equipped with insights I continue to reflect on.

JAY RAMOS
CEO, AGSI & PRESIDENT, CALIFORNIA STAFFING PROFESSIONALS

GS

Chris consistently brings knowledge, insight, and practical advice to every presentation, **elevating the value he brings to every engagement.**

GINA SALAZAR
TALENT ACQUISITION LEAD, UNIVERSITY OF KANSAS HEALTH SYSTEM

LT

He has **boundless energy** and articulates his ideas clearly, and he was so well received by our providers.

LORI TRACY
ASSISTANT EXECUTIVE DIRECTOR, SOUTH DAKOTA HEALTH CARE ASSOCIATION

KB

The takeaways from **The Power of Small Moments** were incredible. I shared them with my whole team and gave everyone permission to enjoy those small moments that mean so much.

KIMBERLY BRYANT
HILLCREST CARE CENTER

MB

Chris **energized the room**, sparked conversations, and encouraged connections throughout the event. A lasting impact on our future leaders.

MERRICK BRTEK
GREATER OMAHA CHAMBER

TB

His topics are well researched, and he weaves in **practical tips and real-life examples** that make every session realistic and relatable.

TERRY BENNETT
NAHCR IMMEDIATE PAST PRESIDENT

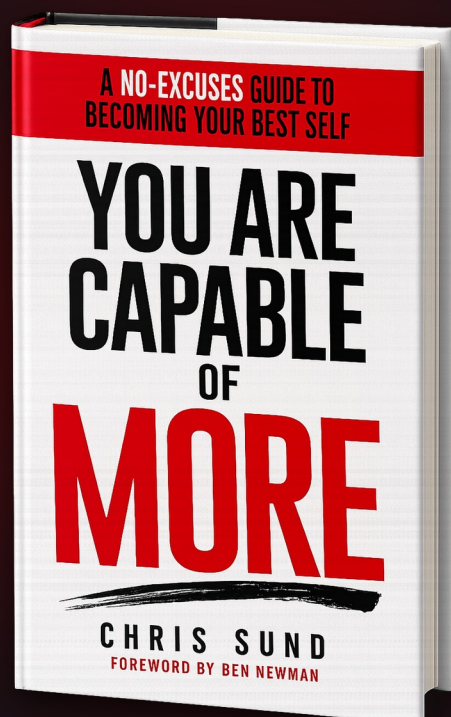
RD

Chris demonstrated **exceptional knowledge and expertise in using AI in recruiting**, captivating the audience with his engaging delivery.

ROBIN DREMONAS
PRESIDENT, IAHCR

My mission is simple. **Help people become the best version of themselves.**

CHRIS SUND



YOU ARE CAPABLE OF MORE

A NO-EXCUSES GUIDE TO BECOMING YOUR BEST SELF

The full playbook behind every keynote. Part memoir, part method, built to move you from knowing you want more to going after it.

Through personal stories, hard earned lessons, and ten principles, Chris shows how excuses, fear, self doubt, and comfort quietly sabotage potential. **It is not a book about becoming perfect. It is a blueprint for becoming better.**

FOREWORD BY BEN NEWMAN · ENDORSED BY

Amberly Lago USA Today bestselling author · **Marques Ogden** former NFL, award winning speaker · **Mark Pattison** former NFL, Seven Summits, Emmy winner · **Alex Weber** American Ninja Warrior · **Jon Krohn, Ph.D.** host of Super Data Science · **Jeff Salzenstein** top 100 world ranked tennis pro · **Pamela Barnum** trust expert · **Hoan Do** resilience expert · **Eric Termuende** author of Rethink Work · **Sarah Wells** Olympian

BOOKS FOR THE WHOLE ROOM.

BULK ORDERS

Volume pricing on copies for every attendee, shipped ahead of your event or delivered on site.

SIGNED COPIES

Personalized and signed for leadership teams, board members, or your VIP reception.

KEYNOTE + BOOK

Bundle the keynote with a copy for every seat so the message keeps working after the lights come up.

INSIDE THE BOOK

THE STORY

Small town Nebraska to leading one of the country's largest healthcare staffing organizations, including the parts that did not go to plan.

TEN PRINCIPLES

The method behind the keynote. Each principle comes with the reasoning, the story, and what to actually do with it this week.

BUILT TO SHARE

Written to be read together. Discussion ready for leadership teams, book clubs, and organizations rolling it out after an event.

MEDIA & APPEARANCES

BOOK CHRIS FOR MEDIA.

Podcasts. Webinars. Radio. Television. Panels. Contributed articles.

Fast to schedule, easy to produce with, and prepared before he shows up.



HOST OF THE **AMPLIFY SPEAKERS** PODCAST

Conversations with nationally recognized keynote speakers, bestselling authors, Olympic athletes, and business executives about the stories behind the stage. Chris is also the founder of Amplify Speakers, a national speaker bureau, so he knows what makes a booking work from both sides.



KEYNOTES

In person or virtual. Thirty minute breakout to half day workshop, built around your goals.



WEBINARS

Live sessions for distributed teams and association members, with Q&A and takeaway materials.



PODCASTS

Leadership, sales, performance, culture, retention, and healthcare talent. Prepared talking points.



RADIO & TV

Short form segments on workforce trends and retention. Comfortable with tight time and live reads.



PANELS

Moderating or on the panel. For conferences that want conversation, not another slide deck.



ARTICLES

Contributed pieces and expert commentary for magazines, newspapers, trade publications, and business press.

YOUR TEAM LEAVES BETTER. INSIDE YOUR FOUR WALLS, AND BEYOND THEM.

EMAIL info@chrissund.com
PHONE 402-212-5771
WEB ChrisSund.com
BOOK YouAreCapableOfMore.com

FOLLOW CHRIS

in linkedin.com/in/christophersund
ig instagram.com/chrissund
x x.com/ChrisSund7
f facebook.com/christopher.sund.9
tk tiktok.com/@christophersund

RESPONSE WITHIN ONE BUSINESS DAY