



BESTSELLING AUTHOR · KEYNOTE SPEAKER

CHRIS SUND

YOU ARE **CAPABLE OF MORE.**

Chris Sund is the bestselling author of **You Are Capable of More** and a keynote speaker who works with audiences of fifty to more than eight hundred. He talks about ownership, discipline, and what people are capable of once they stop settling for the limits they have accepted as normal.



SEGMENT TOPICS

HE KEPT MEETING PEOPLE WHO WERE READY BEFORE THEY BELIEVED IT

An employee turned down a sales role twice, took it, then started winning awards. Her ability never changed. What she believed about it did.

THE COMFORT CEILING: WHY CAPABLE PEOPLE STOP SHORT

Not your limit, but the point where the comfortable version of you runs out of room and growth starts asking for more.

SEEING MORE POTENTIAL IN PEOPLE THAN THEY SEE IN THEMSELVES

What changes when someone says it out loud, and why the person waiting to be told may have to be the one who says it.

92% SAY THEY ARE CAPABLE OF MORE. HERE ARE THE FOUR BIGGEST BARRIERS.

Chris surveyed more than two hundred working adults. Self doubt, fear of failure, comfort, and busyness came back again and again, and self doubt led the list.

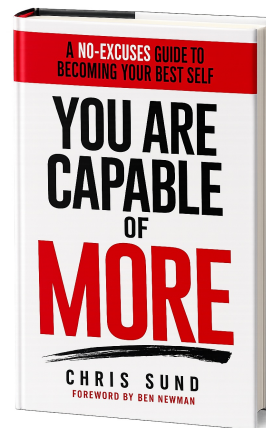
TRAIN YOUR INNER VOICE BEFORE IT TRAINS YOU

The voice is going to say something either way. Confident people did not silence it. They learned how to answer it.

YOU ARE COMPARING YOUR WHOLE LIFE TO EVERYONE ELSE'S HIGHLIGHT REEL

We see the promotions and the vacations without the rejection or the years behind them, which is why so many people feel behind when they are not.

THE BOOK



YOU ARE **CAPABLE OF MORE**

A NO-EXCUSES GUIDE TO BECOMING YOUR BEST SELF

A direct wake up call to stop settling and start taking ownership. Through personal stories and workable frameworks, 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.**

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