

# How We Do Our *Best Work* in Changing Times: From Perpetual Busyness to Impactful Results



**In today's fast-paced ever-changing world, leaders and teams face constant pressure to adapt, innovate, and excel. But what if our usual approaches to productivity and performance are holding us back?**

Drawing from over a decade of experience advising leaders and teams across industries, award-winning author and speaker Grace Marshall offers a fresh perspective on how we can truly do our best work in these changing times. She introduces the concept of "High Functioning Fear" a hidden barrier to performance that often masquerades as productivity.

Grace explores how this subtle form of fear can drive our decisions and actions, sometimes leading us to busy ourselves and not realize we aren't making meaningful progress. She challenges the notion that success is solely about doing more or working faster, and instead focuses on how we respond in times of change and prioritize for impact.

Known for her refreshingly human, relatable approach, Grace offers a blend of surprising insights and actionable advice to help you and your people shift from survival mode to growth mode.

This talk isn't about adding more to your plate - it's about transforming how you and your team approach work, enabling you to lead with curiosity, courage, and compassion in an ever-changing business landscape.

You'll come away with a new understanding of what drives performance in your organisation and a plan to transform how your people approach change and growth.

You'll leave equipped with strategies to:

- Embrace change as an opportunity rather than a threat
- Encourage everyday innovation, even in challenging times
- Move beyond constant busyness to focus on impactful work in times of uncertainty
- Cultivate resilience and adaptability in your organisation

By the end of this keynote, you'll feel empowered to turn challenges into opportunities and lead your team to do their best, most impactful work.

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**“Grace is a breath of fresh air. She offers tangible and practical ways to make effective change”**

*Kim England, VP Global Employee Communications, Pearson*

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**“Would like to do it again! My whole team loved it. Grace was great. Been thinking about nothing else for the last 48 hours”**

*Andrew Newman, Global Head of Brand, HSBC*

**Get in touch book Grace to speak at your event**

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Grace Marshall

# About Grace Marshall



Grace Marshall is a sought-after keynote speaker and award-winning author known for her practical and human-centric approach to work. She specialises in helping organisations navigate change, boost productivity, and foster resilience among their teams, enabling sustainable high performance in challenging environments.

With over a decade of experience training more than 10,000 professionals across various industries, Grace has become a trusted advisor for leaders seeking to build resilient, future-ready teams capable of sustained high performance. Her clients include Boots, BT, Sky Media, Sage, NHS, NSPCC and Teenage Cancer Trust.

As the author of the Business Book Awards finalist "Struggle: The Surprising Truth, Beauty and Opportunity Hidden in Life's Sh\*ttier Moments," Grace brings a unique perspective to leadership, productivity, and resilience, addressing the hidden "High Functioning Fear" that hinders high performance during times of change.

Grace's keynotes are designed to create lasting impact. By focusing on both the emotional and practical aspects of work, her sessions provide leaders and teams with practical strategies to move from survival mode to growth mode, turning challenges into opportunities for innovation and excellence.

Her clients report significant improvements in team dynamics, decision-making processes, and overall organisational agility.

Known for her refreshingly human and engaging style, Grace doesn't just deliver speeches – she curates conversations that challenge conventional thinking and inspire action.

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**“Grace provoked everyone’s thinking and generated great conversation”**

*Melissa Romo, VP Global Customer Marketing, Sage*

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**“Grace is refreshing and empowering. Her keynote transcends seniority levels and industries”**

*Pauline Salomons, Head of HR, Gallagher*

Leaders consistently report that her sessions leave them and their teams feeling energised, with renewed hope and tangible strategies to implement immediate, effective change.

Grace's work has earned her multiple accolades, including Virtual Speaker of the Year and CMI Management Book of the Year: Best Commuter's Read. Her practical insights on leadership, high-performance work cultures, and wellbeing in changing times have been featured in The Guardian, Forbes, Huffpost, CNN, London Economic Forum and on BBC Radio.

**Partner with Grace to empower your people with the mindset and skills to excel in today's fast-paced, ever-changing business landscape.**