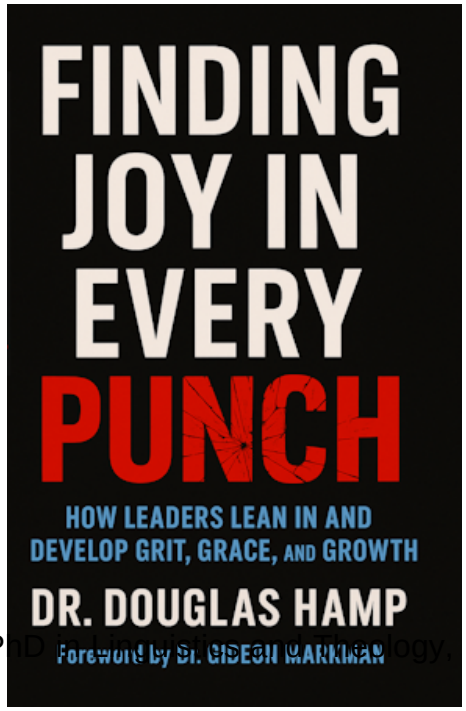
One Sheet: Finding Joy in Every Punch



Dr. Douglas Hamp is not your average leadership speaker. With a PhD in Linguistics and Theology,

a black belt in Krav Maga,

and two decades of experience leading through crisis, Doug delivers a transformative keynote that blends street-smart grit with

scholarly insight-and just enough humor to keep your audience laughing while learning.

Whether he's breaking down neuroscience or getting punched in the face (literally), Doug shows leaders how to thrive under pressure

by embracing the J.O.Y. Framework:

J - Just Relax: Cultivate composure under fire.

O - Offer Kindness: Lead with empathy without losing authority.

Y - Yield to Connection: Foster authentic trust and long-term influence.

SIGNATURE KEYNOTE

"Finding Joy in Every Punch: How to Lead with Grit, Grace, and Growth Under Pressure"

One Sheet: Finding Joy in Every Punch

A dynamic keynote for high-performing executives, entrepreneurs, and change-makers. Expect unforgettable stories, punchy insights,

and actionable tools grounded in neuroscience, martial arts, and modern leadership.

Audience Takeaways:

- Transform stress into strategic advantage
- Harness calm as a leadership multiplier
- Build grit-positive cultures where trust thrives
- Lead without losing your mind-or your joy

BOOKING DETAILS

Formats: Keynotes, breakout sessions, virtual events, leadership retreats

Ideal Audiences: Business leaders, entrepreneurs, executive teams, educators, non-profits

Customization: Every talk is tailored to your theme and audience needs

CONTACT

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