



## Fractured Reality Keynote Address

### Welcome!

Fractured Reality is a lived-experience keynote that explores how perception is shaped over time by messages we receive about ourselves. Using metaphor and personal narrative, this session examines how beliefs formed early in life can distort identity, confidence, and self-worth long into adulthood.

This presentation invites audiences to consider how internal “filters” influence the way we interpret feedback, relationships, and our own capabilities.

## Program Overview

Fractured Reality centers on the idea that our understanding of ourselves is often shaped long before we have the language to question it. Messages about limitation, expectation, and identity can become internalized and continue to influence how we see the world, even when evidence contradicts them.

Through storytelling and reflection, this keynote explores how conflicting narratives can coexist, how progress can feel fragile, and how reframing perception is an ongoing process rather than a single moment of change.

## Recommended Audience

Fractured Reality is appropriate for audiences ages 13 and up and is especially relevant for adolescents, adults, and professionals working in education, mental health, disability services, or advocacy roles. The session is well suited for community groups and organizations seeking deeper understanding of identity, perception, and the long-term impact of language and expectations.



# Program Format

- In person keynote presentation
- Typically 60 to 90 minutes, including Q&A
- Suitable for small or large audiences
- Designed to encourage reflection rather than provide prescriptive solutions

## What to Expect

Participants will:

- Experience a narrative-driven keynote grounded in metaphor and lived experience
- Explore how early messages shape perception and self-belief
- Reflect on how internal narratives influence confidence and behavior
- Engage in a guided Q&A discussion following the presentation

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## Key Takeaways:

Participants will leave with:

- Greater awareness of how perception shapes reality
- Insight into how internalized beliefs can persist despite progress
- Recognition that reframing self-worth is an ongoing process
- A more compassionate understanding of their own and others' internal struggles

