SIGNATURE KEYNOTE - JUSTIN SOKOL

The Extra Six.

Why we react bigger than the moment, and what actually changes it.

The moment is a 4. We register it as a 10. The extra six didn't come from the moment. This keynote shows audiences where it comes from, why knowing better rarely stops it, and the first move that does.

THE TALK IN THREE MOVEMENTS

01 Feel it.

A true story of an ordinary moment treated like an emergency, plus a live rhythm demonstration where the stage allows. The room feels the extra six first.

02 Understand it.

Why knowing better doesn't stop the reaction, and where the extra charge actually comes from.

03 Use it.

Step Zero, taught and practiced in the room: grounding your nervous system before you respond, so there is a gap between trigger and reaction.

YOUR AUDIENCE LEAVES WITH

- A name for the moments they react bigger than the situation calls for
- Why insight and willpower stall under pressure
- Step Zero, practiced live and ready to use that day
- A simple next step for anyone who wants to go further

ONE TALK. THREE ROOMS.

Parents, Schools & Churches

Children cannot borrow regulation from a dysregulated adult.

Leaders & Organizations

The quality of leadership is limited by the state of the leader.

Healthcare & High-Stakes Professions

Trained to perform under pressure. Still paying for it afterward.

FORMATS

Keynote
45 to 60 minutes

Workshop
90 minutes, extended practice

Podcast & interview

ABOUT JUSTIN SOKOL

Author · Drummer · Neuro Transformation Coach · 20+ Yrs Leadership & Operations · Global Ambassador, Parenting 2.0 · Speaker on Identity, Regulation & Change

Bring *The Extra Six* to your event.

justin@justinsokol.com
justinsokol.com/speaking