



# The Invisible Anchor: *The Science of Overcoming Your Own Limitation*

**RYAN BOUDA**

*Speaker*

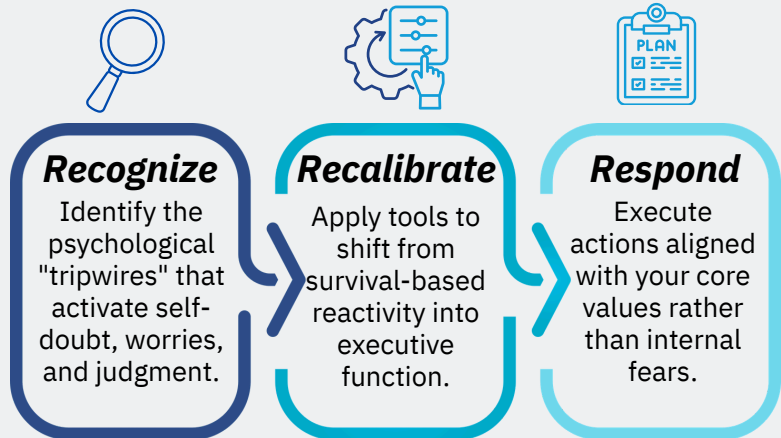
Ryan connects with audiences through powerful storytelling, research, and real world case studies that drive immediate impact.

## Description

The greatest barriers to high-performance leadership aren't external...they are internal. From self-doubt to the brain's natural negativity bias, internal obstacles can quietly erode a leader's confidence and clarity. **The Invisible Anchor** provides a neuroscience-backed roadmap to recognize and move beyond these mental hurdles. By mastering the shift from judgment to curiosity, you will learn to quiet the inner critic and lead with a grounded presence that inspires performance across your entire organization.

## Framework: *The Neuro-Reset Model*

*A neuroscience-backed, repeatable process for moving from internal reactivity to intentional performance.*



## In this session, participants will:

- **IDENTIFY NEUROLOGICAL TRIGGERS:** Recognize the patterns that drive reactive decision-making under pressure.
- **REFRAME SELF-CRITICAL NARRATIVES:** Transform internal judgment into curiosity-based thinking.
- **REGULATE THE NERVOUS SYSTEM:** Learn strategies to shift from survival-based responses into calm, intentional leadership.

## Speaker Demo Reel

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**"The presentation was excellent and we received nothing but positive feedback from participants."**



**Kimberly, NASA Director**