

Adrian Provost — Keynote Speaker

Don't wait to feel ready. Lift the room.

THE KEYNOTE

Lift the Room — How to rise before you feel ready

Operator framing: Numb at the Top — Why the highest performers stop feeling, and the ninety seconds that bring them back

- Names the bargain high performers make with themselves — output for feeling — and what it costs.
- Teaches the Doorway Decision — a ninety-second practice, four steps, any threshold.
- Ends with one name on every attendee's palm — a working assignment for Monday morning.

FORMATS

Keynote	45–60 minutes	main-stage talks, opening/closing keynote
TED-length cut	15 minutes	ideas conferences, showcase blocks
Corporate cut	12 minutes	internal town halls, offsite openers
Workshop add-on	90 minutes	small-group deepening after the keynote

THE DOORWAY DECISION

A ninety-second practice performed at any threshold. Four steps: notice, name, choose, cross. Coined and taught by Adrian Provost.

NOTICE	What state am I about to bring into this room?
NAME	What is this room actually for?
CHOOSE	What state does the room need from me?
CROSS	Enter as the person you chose to be, not the person you woke up as.

BIO

Adrian Provost is an Atlanta-based keynote speaker whose signature keynote is Lift the Room. Sixteen years after a Valentine's Day car crash that left him in a coma and without full feeling in one hand, he delivers a ninety-minute argument for a ninety-second practice — the Doorway Decision.

BOOKING

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