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Presentation Proposal

The Integration Experience: Release Overwhelm and Step into Clarity

Abstract

The power of taking a pause is an often-overlooked strategy in the bustling world of business, but brain science shows that learning doesn't really stick during the moment we hear something new. It actually sinks in later — when we pause and take time to process. If we don't take time to process, even the best ideas can fade away.

The *Integration Experience* provides a space to shift gears and let all of the new information come into focus — to clarify what's important and what's not.

If you're feeling overloaded and disconnected after a full day of sessions, you're not alone. This guided, end-of-day experience offers space to reset, reflect on what you've learned, and connect more deeply with others. Walk away feeling grounded, clear, and recharged—ready to turn insight into action.

Learning Objectives

- Understand how taking a pause helps the brain remember what you've learned
- Identify key insights to clarify the most relevant step for your professional growth
- Engage in a simple process involving breath, reflection, and peer conversation to leave you feeling refreshed, focused, and ready to take action
- Establish valuable connections and expand your network by sharing thoughts and listening to different perspectives with others at your table

Review

"After a day full of listening to speakers at our retreat, Kristen's guidance helped us dig into what each of us wanted to take home and bring into our life. Our conversations deepened. My group and I really came together."

-Angel Hicks, founder of Evolve Women's Network