



# Ben Killoy

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## Workshop Proposal

*"There Is More To Life Than Being Alive"*

### Abstract

We go into the world to create, design, and build our lives, but are often haunted by a feeling that complete happiness is just around the corner. However, the next raise, the next promotion, or the next job never seems to bring those feelings of peace and fulfillment. We are told to go into the world and make a living, rarely told how to live. Building a life is an inside job. It is a feeling you build from the inside out, by learning to lead, love, and to leave a legacy worth living.

This idea is inspired by the over 15 years of my own life of trying it the default way and always feeling the carrot is just out of reach. In this workshop, I will explain my five-part framework that allows us to break free from the behaviors that keep us stuck and anxious while also allowing us to dream bigger and create a satisfying life and legacy

Ben Killoy's honesty about his own struggles with self-confidence, how he changed that self-view, and how you can do the same is incredibly inspiring. His message is heartfelt, on-point, and eye-opening. An excellent speaker and motivator for any group! - Keith Nagel (The National At Home Dad Network)

### Learning Objectives

- Learn the five-part framework to break the cycle, create intention, and live your life.
- Learn the three ingredients of a life worth living
- Leave with a Vision that will be large enough to have a gravity that pulls you towards it