

Inspirational talks you may like



Steve Jobs 2005 Stanford Commencement address

At his inspiring Stanford University commencement speech, Steve Jobs, CEO and co-founder of Apple and Pixar, urges us to see the million opportunities that come out of major personal and professional roadblocks. “Stay hungry, stay foolish.”

https://www.ted.com/talks/steve_jobs_how_to_live_before_you_die

Matt Cutts: “Try something new for 30 days”

Google engineer Matt Cutts highlights how important it is to add variety to our lives. Try something new for 30 days, for example a club on campus or an art class. It’s the perfect way to achieve our goals while incorporating a fresh perspective into our lives.

https://www.ted.com/talks/matt_cutts_try_something_new_for_30_days

Andy Puddicombe: “All it Takes is 10 Mindful Minutes”

Between friends, classes, deadlines and recreational activities, it's easy to feel overwhelmed. But, stress can be prevented, according to Puddicombe, by taking just 10 minutes out of our day to be in the present and do nothing. Simply take 10 minutes to be alone and take in your surroundings.

https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes#t-545112

“Build a life, not a resume”

Motivational speaker, Jay Shetty, explains how failure may not build resumes, but it builds character and teaches us to adapt to change.

<https://www.youtube.com/watch?v=fQNFMxYxFSQ>

Kelly McGonigal: “How to make stress your friend”

Kelly McGonigal urges us to see stress as positive and reduce it by reaching out to others.

https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend#t-473412

Brenne Brown: The power of vulnerability

https://www.youtube.com/watch?v=iCvmsMzlf7o&ab_channel=TED