

FOR CONVENTIONS, ASSOCIATIONS AND CORPORATE EVENTS

STOP SCANNING

MAIN CHARACTER ENERGY FOR HIGH PERFORMERS

A five-step protocol for cutting the hesitation that costs capable people their best work.

THE KEYNOTE

Most people in your room are scanning. Reading the org chart before they speak. Checking whether the idea will land before they offer it. Waiting for a signal that it is safe to act.

Scanning feels like diligence. It functions as delay. And in a market that punishes hesitation, it is the most expensive habit a capable team has.

Jabari Sims gives audiences a five-step protocol for cutting the scan and acting from their own standard, in a high-energy session that bridges the locker room and the boardroom.

Typical length: 45 to 60 minutes with optional Q&A. Adaptable from a 20-minute breakout to a half-day workshop.



THE IT'S ME PROTOCOL

Attendees do not leave with theory. They leave with a sequence they can run in a meeting, a negotiation, or a hard conversation the same week.

- 1 Identify It** Name what is actually happening instead of reacting to the feeling.
- 2 Take Responsibility** Claim the part that belongs to you, without collapsing into shame.
- 3 Stop Scanning** Cut the search for approval that drives hesitation.
- 4 Make the Main Character Decision** Choose from your own standard, not the room's.
- 5 Execute** Act before the doubt reassembles.

EVERY ATTENDEE LEAVES WITH THE JOURNAL

THE 30-DAY DIRECTOR'S CUT JOURNAL

Every attendee receives a digital copy. Thirty entries in four acts, each running six parts: the Monologue, the Director's Cut writing prompts, the Body on Set, Scene Gratitude, an IT'S ME check-in, and Action.

Keynotes are judged on the energy in the room and forgotten by the next quarter. This gives your organization something to point to when someone asks what the session produced.

Run it at your pace. The thirty entries do not have to be consecutive. Run them daily, weekly, or on whatever cadence fits your team.

SIGNATURE TOPICS

Main Character Leadership

For teams tired of excuses. How ownership becomes a default rather than a slogan on a wall.

The Power of It's Me

Applying radical accountability to every outcome, turning failures into plot points instead of verdicts.

The Victim Loop Audit

How external blame quietly stalls personal and organizational momentum.

Grit Beats Status

What becomes possible when people stop waiting to be selected and start selecting themselves.

IDEAL AUDIENCES

Conferences, conventions, and annual summits. Corporate leadership teams and offsites. Sales organizations. Association meetings and service clubs. Franchise and dealer networks. Chambers of commerce and business groups.

Minimal technical needs, responsive on logistics, and prepared for your room rather than a generic one.

ABOUT JABARI SIMS

Self-Leadership Speaker & Mental Performance Coach, creator of the IT'S ME Protocol, and author of the upcoming memoir *Don't Roll the Credits Yet*. His perspective was forged in international contracting, elite fitness, and fatherhood.

In his forties and without a military background, he self-funded a Protective Security Specialist certification and deployed as a private contractor to the U.S. Embassy in Baghdad. He did not arrive at ownership as a philosophy. He tested it under conditions where the alternative was not an option.

He holds a B.S. in Psychology and speaks to corporate leadership teams, conventions, educational formats and platforms, and athletic programs.

WHAT PEOPLE SAY

Jabari captivated the room with his transformative 'It's Me' Protocol, challenging us to embrace radical accountability, take control of our narrative, and step fully into our power.

Laguna Niguel Rotary Club

His high-energy personality makes him someone that both students and staff want to be around.

Jean Koerner, Assistant Principal, Rancho Alamitos High School

LOGISTICS

Based in Southern California. Available nationally.

Setup Microphone, projection, confidence monitor if available.

Booking Four to six weeks typical lead time.

Investment Available on request.

JABARI SIMS

Self-Leadership Speaker & Mental Performance Coach

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