

THE GEOMETRY OF ENERGY

Why Sustainable Systems Outperform Hustle Culture

OVERVIEW

The hustle narrative is seductive. Work harder. Sleep less. Grind until you win. But the math doesn't work—and I've got 16 years of data to prove it. This talk breaks down why sustainable systems consistently outperform burnout-driven growth, and gives your audience the specific frameworks to build them.

YOUR AUDIENCE WILL LEARN

- The actual math on why 'grind harder' is a losing strategy
- How to identify energy leaks in your business operations
- The compound effect of sustainable pace vs. sprint-crash cycles
- Frameworks for building systems that scale without destroying people
- Real case studies from million-lead campaigns

IDEAL FOR

Founders, executives, and marketing leaders who've hit the ceiling of what hustle can achieve and are ready for a smarter approach.

DURATION

45-60 min keynote / 90 min workshop

ABOUT ANNA

16 years in direct response marketing. Clients include Tony Robbins, Gary Vee, Danette May, MrBeast. Founder of Go! Go! Captain. Creator of Digital Gardening methodology. Mom of two.

\$BILLIONS
Revenue

15+
Years

\$50M+
Monthly Spend

Book this talk:
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