

You're Not the Same Person And That's the Point

A candid take on identity shifts after big life changes and why evolution is the goal, not bouncing back.



About the Speaker

Alli Kushner returned to work during a season when she barely recognized herself. Grieving the version who could “do it all,” she began to embrace the version who could ask for help, set boundaries, and show up with more honesty. She has written about this transformation in *The New York Times*, *Fast Company*, and *Business Insider*, and shares her story on media outlets and podcasts about how caregiving rewires us — and how that rewiring can become a source of strength.

Keynote Overview

Caregiving — whether it's becoming a parent, supporting aging parents, or managing invisible labor — fundamentally changes you. But while life is shifting in major ways, the working world often expects us to return to “business as usual.” This keynote explores the emotional and professional identity shifts that caregiving sparks and offers a new framework for how we show up at work without erasing the parts of us that are evolving.

Where You've Seen Alli

**BUSINESS
INSIDER**

FASTCOMPANY

Forbes

THE HUFFPOST

The New York Times

Session Outline

- 1 Introduction & Framing
- 2 The Identity Shift
- 3 Hidden Skills of Caregiving
- 4 Leading with Empathy
- 5 Closing Reflection
- 6 Q & A

Why This Matters

- Caregiving is one of the most common but least visible forces shaping the workforce. Nearly every employee will face it — as a parent, supporting aging parents, or through chosen family.
- Companies that recognize identity shifts and embrace evolution build more empathetic, resilient teams.
- Supporting caregivers isn't just the right thing to do — it's a competitive advantage for retention, inclusion, and culture

Key Takeaways



A new mindset



Language for what's hard to name



Validation and visibility



A hidden skill set revealed



Real-world strategies



Permission to evolve

What People Are Saying

"Alli doesn't just speak; she invites you in. She layers sharp professional insight with the personal stories that fuel her passion for connection. Her way of telling stories creates a rare mix of warmth and wisdom that leaves you inspired and ready to act."

-Melissa Moody

The Joy Of Connection Podcast & Wednesday Women

"Alli brings the kind of honesty and humor that makes people lean in and stay."

-Clara Ma

Ask A Chief Of Staff

Beyond the Keynote

The keynote is the spark. These add-on options give audiences the chance to lean in, ask questions, share stories, and actively apply the ideas in real time — moving the experience from inspiration to interaction.



Fireside Chat / Moderated Conversation

A guided dialogue format where Alli shares stories and insights in conversation with a moderator or host. The moderator shapes the flow with questions and prompts, making this option ideal for audiences who want a structured but interactive experience tailored to their organization's context.



Workshop / Interactive Session

A hands-on session that goes beyond listening to doing. Alli guides participants through reflection prompts and small-group discussions to uncover the hidden skills of caregiving and translate them into workplace strengths.



Panel Participation / Moderation

Alli brings both lived experience and professional expertise to panel discussions, bridging personal caregiving stories with workplace and cultural implications. She can also serve as a moderator, ensuring the conversation is inclusive, engaging, and outcome-focused.



Storytelling + Extended Q&A

This format begins with Alli's signature storytelling, where she sets the stage with candid personal narratives and professional insights. From there, the session opens into extended audience Q&A, creating an intimate space for participants to reflect, ask questions, and share their own experiences. Perfect for groups that want deeper dialogue and connection.

Each of these formats is available as an add-on with the Keynote and can be tailored to the audience and organizational goals — whether the priority is an intimate conversation, an interactive workshop, or a space for deeper dialogue.