

roger haskett bios

short bio

Roger Haskett is an award-winning engagement expert, keynote speaker, celebrated entrepreneur and author from Vancouver, BC.

medium bio

Roger Haskett is an award-winning engagement expert, keynote speaker, celebrated entrepreneur and author from Vancouver, BC. His thought-provoking keynotes ignite positive transformational change in individuals and organizations across North America and beyond, and have garnered him countless 10/10 audience rankings "best of conference" survey results and hundreds of return clients.

long bio (100 words)

Roger Haskett is an award-winning keynote speaker and President of Engagement Unlimited. His thought-provoking keynotes ignite positive transformational change in individuals and organizations across North America and beyond.

Roger's experience, knowledge and highly contagious positive energy have garnered him countless 10/10 audience rankings "best of conference" survey results and hundreds of return clients.

Roger has a B.A. in History and a B.F.A. in Acting (he's been in over 100 TV Shows, films, and commercials), an M.A. in Education. He has lived the last 25 years as an entrepreneur.

He lives in Vancouver, Canada, with his amazing partner, three incredible kids and two persnickety cats. He spends part of each day wondering how he is so blessed.

ROGER HASKETT

themeyouwanttobe.com

info@engagementunlimited.ca

604.649.4867

reviews & testimonials

"Your audiobook is absolutely brilliant. It's the BEST AUDIOBOOK I'VE LISTENED TO IN 2018!"

- Kim Mowatt
Registered Psychiatric Nurse & Author

"It has led to our BEST discussions of all time as a team"

- Mark deMedeiros
First West Credit Union

"The world is lucky that a talented actor named Roger Haskett has stepped off the stage and into the meeting world. I implemented his tips immediately and saw a noticeable improvement in my business."

- Dave Lieber
Dallas Morning News

"Touching, funny and powerful"

- Caroline Proulx
Government of Canada

"You had an enormous impact on me and my ability to achieve a life-long goal...thank you thank you thank you!"

- A.K.White
Author, No Reason to Stay

Roger has been invaluable in delivering thought-provoking, relevant and entertaining sessions to our delegates. We wholeheartedly recommend Roger Haskett."

- Robert MacDonald
Professional Institute for the Public Service of Canada

ROGER HASKETT

themeyouwanttobe.com

info@engagementunlimited.ca

604.649.4867

roger haskett



[Click to download high res headshot](#)

[Click to download low res \(web\) headshot](#)

ROGER HASKETT

themeyouwanttobe.com

info@engagementunlimited.ca

604.649.4867

the **me** you want to be

ROGER'S RULES FOR A BIGGER,
BETTER, MORE POWERFUL **YOU**

ROGER HASKETT

**"Touching, funny
and powerful"**

- Caroline Proulx
Government of Canada

**"It has led to our
BEST discussions of
all time as a team"**

- Mark deMedeiros
First West Credit Union

the me you want to be

Author: Roger Haskett

Category: Self-Help, Success

Formats: Softcover, e-Book
Audiobook

ISBN: 978-1775366409

(Paperback)

978-1-7753664-1-6 (ebook)

Pages: 360

Price: \$25.00 CAD

\$20.00 USD

Available from Amazon, Audible and
iTunes.

contact information:

info@engagementunlimited.ca

604.649.4867

www.themeyouwanttobe.com

the me you want to be

your journey towards internal power starts inside

In this inspiring, transformational and truly heartwarming book, celebrated keynote speaker, entrepreneur, actor, and author Roger Haskett helps you discover incredible new ways to create internal power and become *the me you want to be*.

Filled with fascinating stories, interesting studies and practical information, you will be moved to make a significant change in your own life and inspired to become a bigger, better, more powerful version of yourself.

about the author

Roger Haskett is Canada's premiere engagement expert.

He is an award-winning international keynote speaker and President of Engagement Unlimited.



Roger's thought-provoking keynotes and innovative programs ignite positive transformational change in individuals, teams, and organizations across North America and beyond.

Roger also has an impressive background in Education and Acting - he has appeared in over 175 TV Shows, films, and commercials.



**"You had an enormous impact on me and my
ability to achieve a life-long goal...thank you
thank you thank you!"**

- A.K.White
Author, No Reason to Stay

**"Your audiobook is absolutely brilliant. It's the
BEST AUDIOBOOK I'VE LISTENED TO IN 2018!"**

- Kim Mowatt
Registered Psychiatric Nurse & Author

for immediate release

roger haskett

www.themeyouwanttobe.com

info@engagementunlimited.ca

604-649-4867

engagement expert roger haskett helps you forge a meaningful path towards internal power

We are pleased to announce the release of 'the me you want to be: roger's rules for a bigger, better, more powerful you'.

This highly anticipated book illuminates Roger's path towards overcoming internal struggles and setbacks in important moments where he felt the most powerless.

You will discover his signature rules - Roger's Rules - that we will adapt into Your Rules to help you become the biggest, best version of yourself in any situation, no matter how stressful it might be or how hopeless you may feel.

Roger Haskett is an award-winning engagement expert, keynote speaker, celebrated entrepreneur and author from Vancouver, BC. His thought-provoking keynotes ignite positive transformational change in individuals and organizations across North America and beyond, and have garnered him countless 10/10 audience rankings "best of conference" survey results and hundreds of return clients.

the me you want to be is now available in softcover, ebook, and audiobook formats.

You can find it at Amazon, Audible, and iTunes.

Group orders are also accepted through Engagement Unlimited. Please email info@engagementunlimited.ca for all group order and speaking inquiries.

ROGER HASKETT

themeyouwanttobe.com

info@engagementunlimited.ca

604.649.4867

the me you want to be roger's rules for a bigger, better, more powerful you

[Click here for audio excerpt](#)

excerpt: fight to be positive

If I was going to get you to underline a word in this chapter's rule, which word do you think it would be?

Most people think it will be positive. I, myself, like to underline positive things. I try to be a very positive person. I think that's a powerful way of going through life.

Hint: It's not positive.

Right now, the word that I want you to underline is fight.

Fight

Fight to be positive. When things are not going well, when you are stressed, when you are down that deep, dark hole and you're looking up at a tiny bit of light, when you finally ask, "How am I going to get up there where the real world is and out this hole that I'm in?"

Then, you *fight*. Fight to get up to the light. Fight to get out of your swamp of a head. Fight to get out of your messed-up perceptions and into the light. Most of the deep, dark hole you find yourself in is self-created. Created by you. Because, first and foremost, you are human.

Humans have a very interesting response to stress. Our human default stress response kicks in. And that human default response is negative. Just before you walk into a stressful situation, negative is all up in your face. For example, two interesting side effects of stress are:

1. we over-remember negative and, concurrently,
2. suffer from positive amnesia.

Positive Amnesia

We fight – fight, fight, FIGHT – to be positive because we need to. Science teaches us something about what happens to us in stressful situations. Blood and oxygen flood into the parts of the brain that recall negative memories and the parts of the brain that recall positive recollections are starved for sustenance. This is biology. When this happens to you, it's not you being weak or flawed. These are human issues.

ROGER HASKETT

themeyouwanttobe.com

info@engagementunlimited.ca

604.649.4867

**the me you want to be
roger's rules for a bigger, better, more powerful you**

excerpt (continued)

We all have experienced positive amnesia. The more stressed you are, the more positive amnesia exists.

Think of your own life. When you are about to do something super stressful, like stand in front of other people and talk about what you think, for example, what is happening for you just before that happens? Are you over-remembering the negative, like it's the only thing in existence at that point? Are you forgetting any previous positive situation totally, like "positive? I don't think so!" This is a Dementor experience. Suddenly you're standing way too close to a Dementor and all the positive is getting sucked out of you. That's the dance that stress induces, the positive amnesia – dancing with a Dementor – tango.

I try to keep the individual Roger's Rules nice and tight. Short and sweet. Punchy. Catchy. Clear. I believe that when you are under stress you don't have the time, brain power or the energy to have long convoluted concepts make their way through your mind. When you are over-stressed, your brain is not functioning at its best. Usually your reptilian brain takes over and tries to force you into perceiving everything as a flight, fight, freeze or fawn situation.

ROGER'S RULE: Fight to be Positive

For most of us, responding to stress with only those four options is extremely limiting, extremely foolish and, at times, extremely dangerous for your career, for your growth, for your future.

When you are stressed and down that deep, dark hole, you need a handhold; you need something that's going to help you pull yourself out of the hole. Those "helpers" need to be easy things to grab on to, hand holds that you can perceive through the fog of stress that surrounds you and inhabits your mind.

[**Click here for promotional video**](#)

[**Click here for fight to be positive video**](#)

ROGER HASKETT

themeyouwanttobe.com

info@engagementunlimited.ca

604.649.4867

suggested interview questions

Why should our audience read 'the me you want to be'?

How will reading/listening to 'the me you want to be' change the minds or hearts or lives of our audience?

Is 'the me you want to be' a result of your experiences, research, expertise, or something else?

What are the key takeaways you hope readers find in 'the me you want to be'?

Now that people have read your book, what do you hope they will do next?

Why is this of interest to our audience?

What is the typical response of readers?

What was the narrating your own audiobook like?

ROGER HASKETT

themeyouwanttobe.com

info@engagementunlimited.ca

604.649.4867

itches and hooks

1. Have the host or the audience vote on which rule they want to hear more about in real time.

Roger to give a quick mini talk to explain how it relates to the audience and how to use it to become 'the me you want to be'.

2. How to keep yourself present and powerful, inside and out, when experiencing extreme stress.

3. The power of play – how can it make your family life deeper and richer? The Lin Story.

4. How do some of the worst creatures from Harry Potter, the Dementors, powerfully demonstrate how humans respond to stress?

ROGER HASKETT

themeyouwanttobe.com

info@engagementunlimited.ca

604.649.4867

author q&a (1/3)

the me you want to be roger haskett

Why should our audience read 'the me you want to be'?

- It is fun and engaging.
- It is about your favourite topic: YOU. Discussed through my favourite topic: ME
- You will confront and resolve issues that likely have plagued your entire life
- Who doesn't want to be 'the me you want to be'? Aren't we extremely aware of the gap between who we are and who we want to be? And aren't we constantly trying to narrow that gap?
- You will learn to live your life with intention and watch the results.

How will reading/listening to 'the me you want to be' change the minds or hearts or lives of our audience?

The purpose of the book is to change the minds and hearts and lives of those who engage with it.

In particular, I focus on internal power since that shifting foundation determines how we respond to life. I consider internal power as the foundation upon which you decide whether you can do a thing or not. Whether you will take a chance or not. Whether you will be bigger than you think you can be or smaller than you really are.

Is the me you want to be a result of your experiences, research, expertise, or something else?

Yes - to all of the above.

At first, this book grew out of what I taught to actors as a method of dealing with common audition issues like stress management, confidence, creating a healthy process, not going crazy due to overwhelming stress etc. But I quickly realized that it didn't stop there. The stress that I felt in life was not limited to acting. Quite the contrary. My life was stressful with or without acting. I wanted to get better at handling that life stress.

I've tied neuroscience, current research and my expertise and experiences into a book that helps you create 'the me you want to be' while experiencing life's stresses.

ROGER HASKETT

themeyouwanttobe.com

info@engagementunlimited.ca

604.649.4867

author q&a (continued 2/3)

the me you want to be roger haskett

What are the key takeaways you hope readers have?

Here are a few examples of what's inside to get you interested:

- How to create your internal power
- How to use the Power of Play to revolutionize your life
- Fight to be Positive - because humans have a hard-wired negative bias that we carry with us
- Poo on your shoe - meaning that other people's immediate reality will ALWAYS trump your reality
- Why better is better than best
- Fight fear disguised as sense
- The way you think about stress determines its impact on you.

Now that people have read your book, what do you hope they will do next?

I want listeners or readers to change THEIR world and in turn, change THE world.

Specifically, I hope that people will create stronger and deeper relationships. I hope that people who feel their life is out of their control will have the resources to pull that life further under their control. I hope that when confronted by a bully people will have the internal power to stand up for what they believe. I hope that the vast majority of people wake up to their power and use that power to make our world better. Make our species' future more possible. More likely. And maybe, even more dazzling. You know, just those small, little hopes that we all have.

Why is this of interest to our audience?

Everyone is interested in being the me they want to be. Much of our time is spent dwelling on this very issue. Isn't that true in your life? Don't you spend countless hours in daydreams where you chart out how a better you would have responded? We are fascinated with our own journey and most of us want to guide our life in a better direction.

The other reason this book is important to your audience is that it's about their favourite topic: THEM. And I'm discussing them through my favourite topic: ME.

Most importantly, I do it all with fun, play, stories and engagement so it is a dynamic, exciting, engaging experience for the reader/listener.

ROGER HASKETT

themeyouwanttobe.com

info@engagementunlimited.ca

604.649.4867

author q&a (continued 3/3)

the me you want to be roger haskett

What is the typical response of readers?

- “Your audiobook is absolutely brilliant! The BEST audiobook I’ve read in 2018!” 5 out of 5 stars
- “Thought provoking and boldly written” 5 out of 5 stars
- “Loving the book... we decided within our cohort group to take it piece by piece and use it for discussion at each meeting. I can tell you that so far, it has led to our best discussions in a very long time. So good!”
- “Thanks Roger for impacting my personal growth and giving me guidance without judgement. This is a must read to anyone who wants to expand their life or for everyone to help move beyond their own boundaries and fears.” 5 out of 5 stars
- "Powerful rules to live a better life" 5 out of 5 stars

I think this is a very powerful and insightful book. I am going to give a copy to each of my adult children as gifts, as I think that they will benefit greatly from it. A double thumbs up!

What was the narrating your own audiobook like?

I loved doing the audiobook because I’m as much of a performer as I am a writer. Giving someone my words means that they need to find my voice in the text. Whereas when I narrate, I can perform the text so that I’m sure the person listening is getting exactly what I want them to get. Making sure that they hear it the way I hear it in my head.

When asked if I recommend the audiobook or paperback, I always say “If you don’t mind audiobooks, start there. It’s the most engaging method of first interacting with the book. If you hate audiobooks or need to write on the books you read, get the book. The difference for me is like the difference between giving someone a script of a movie to read and hoping that they ‘get it’ versus giving them the actual movie itself. Being a writer/performer means I’d much rather give you ‘the movie’ which here means my audiobook :)”

ROGER HASKETT

themeyouwanttobe.com

info@engagementunlimited.ca

604.649.4867

feature article

"just how do you become the me you want to be?"

I wrote a book called 'the me you want to be' because I think everyone is fascinated with this idea. Who hasn't spent countless hours obsessing over the gap between who they are and who they want to be? I believe everyone has a deep desire to reach for 'the me you want to be'... but just how do you do that?

Before I answer that, let's look at this question - Why should you read this book?

- It is fun and engaging.
- It is about your favourite topic: YOU. Discussed through my favourite topic: ME
- You will confront and resolve issues that likely have plagued your entire life
- Who doesn't want to be 'the me you want to be'? Aren't we extremely aware of the gap between who we are and who we want to be? And aren't we constantly trying to narrow that gap?
- You will learn to live your life with intention and watch the results.

What about the content? Here are a few examples of what's inside to get you interested:

- How to create your internal power
- How to use the Power of Play to revolutionize your life
- Fight to be Positive - because humans have a hard-wired negative bias that we carry around with us like our shadows
- Why better is better than best
- How to fight fear disguised as sense

It's important that we learn how to be 'the me you want to be' through play: i.e. stories, quizzes, fun, passion, humour and engagement. Because play is power and we need power to be 'the me you want to be'. Play guarantees it will be a dynamic and engaging experience for the reader/listener.

'But just how do you become 'the me you want to be'? Work on creating internal power in moments where you typically feel powerless. Create internal power by crafting rules or guidelines for your life. Get help doing that by reading/listening to this book.

Time to start.

Available from Amazon, Audible and iTunes.

ROGER HASKETT

themeyouwanttobe.com

info@engagementunlimited.ca

604.649.4867