

# TJ Sweet Introduction

## INTRODUCTION

If you've ever been successful on paper but still felt like something was missing—today's message is for you.

TJ Sweet is a keynote speaker, author, and host of the Living the Sweet Life podcast. With 20+ years of leadership experience, TJ brings a rare combination of real-world credibility, powerful storytelling, and practical tools people can actually use.

TJ's work is centered on three things that change how individuals and teams show up every day: gratitude, purpose, and connection. He helps audiences reset their perspective, strengthen culture, and reconnect with what matters most so they leave with clarity, energy, and inspired action.

Please help me welcome TJ Sweet.