



ABOUT TRYGVE

Marine veteran, oilfield worker, community leader, and former Congressional candidate, Trygve Hammer brings hard-won insight and a deep belief in the power of words. His talks blend real-world experience, reflection, and humor, leaving audiences challenged, inspired, and changed.

SIGNATURE TALKS

 **The Things We Read**
From war zones to the oilfield, the stories we carry shape how we lead and live. Trygve reflects on the fiction, memoirs, and poems that guided him through deployments and beyond, reminding audiences that words matter, even when the pages fall apart.

Best for: Veterans groups, book clubs, educators, leadership seminars, civic and military events

 **Still, Small Voice**
In an age of outrage, Trygve invites audiences to tune out the noise and listen for the quiet courage that calls us to lead with compassion. Grounded in the story of the prophet Elijah, this keynote is a challenge to choose decency over division.

Best for: Memorial Day events, interfaith gatherings, civic clubs, educators, nonprofits

 **Mortal Wounds, Moral Wounds**
Not all wounds bleed. Trygve explores the invisible scars left by violence, injustice, and silence—and our shared responsibility to heal them. A call to bear witness, speak truth, and work toward collective repair.

Best for: Diversity & inclusion events, veteran support groups, faith-based organizations, nonprofits, civic clubs, educators, public servants

 **Disordered**
A midlife ADHD-Inattentive diagnosis didn't just explain a lot—it reshaped Trygve's view of grace, creativity, and self-compassion. With humor and humility, he shares lessons on embracing neurodivergence and reframing so-called flaws.

Best for: Mental health conferences, educators, neurodivergent communities, parent groups, HR professionals, adult learners

 **You Give Me Hope**
He lost the race, but found his voice. In this candid post-campaign reflection, Trygve shares how political defeat can fuel growth, clarity, and courage. Proof that public service matters, even when you don't win.

Best for: Emerging leaders, political candidates, civic organizations, campaign teams, students, anyone navigating setbacks

 **So Bad at This**
What happens when a political underdog learns to fill a room? Trygve recounts the funny, practical lessons of grassroots organizing—proving that sincerity and persistence can outshine polished perfection.

Best for: Grassroots organizations, campaign workshops, community organizers, young leaders, nonprofits, public speaking programs