

## Get Inspired

This motivation is about curiosity, insight, and inspiration.

Are you coming to ATD26 to explore ideas, perspectives, and possibilities? Are you ready to prioritize your learning through mainstage and education sessions, and engage in conversations that challenge assumptions, surface new motivations, and leave you feeling energized and curious about what's next? This motivation is for attendees who want to stretch their thinking, hear what's shaping the field, and spark new ideas they can adapt to their own work.

By following this motivation, you'll leave with:

- Fresh ideas and perspectives to challenge your current thinking
- New motivations you can adapt to your own context
- A broader view of trends, possibilities, and where the field is headed

## Before You Arrive

- Use the filter "Get Inspired" to easily find sessions we've specifically curated to help you maximize this motivation.
- Browse keynotes and sessions to flag topics that spark curiosity—even if they're outside your usual focus. Use our tracks and sub-tracks to find sessions that align with your inspirational goals. Download our [Guide for Building Your Schedule](#) to learn more.
- Choose one question you want the conference to help you think about differently.
- Build in space between sessions so you can reflect, not just move on.

## During the Event

- Attend sessions that stretch your thinking, not just confirm what you already know.
- Capture ideas, quotes, or questions that stand out—no need to write everything down.
- Talk with others after sessions about what resonated or surprised you.

## After You Leave

- Revisit your notes and highlight 2–3 ideas you want to explore further.
- Share one insight with your team or network to keep the conversation going.
- Review AI-generated session recaps attached to traditional education sessions for summaries and top takeaways from the presentation.
- Decide what you want to learn more about next and your next step to get there.