

Heanne
SPENCER



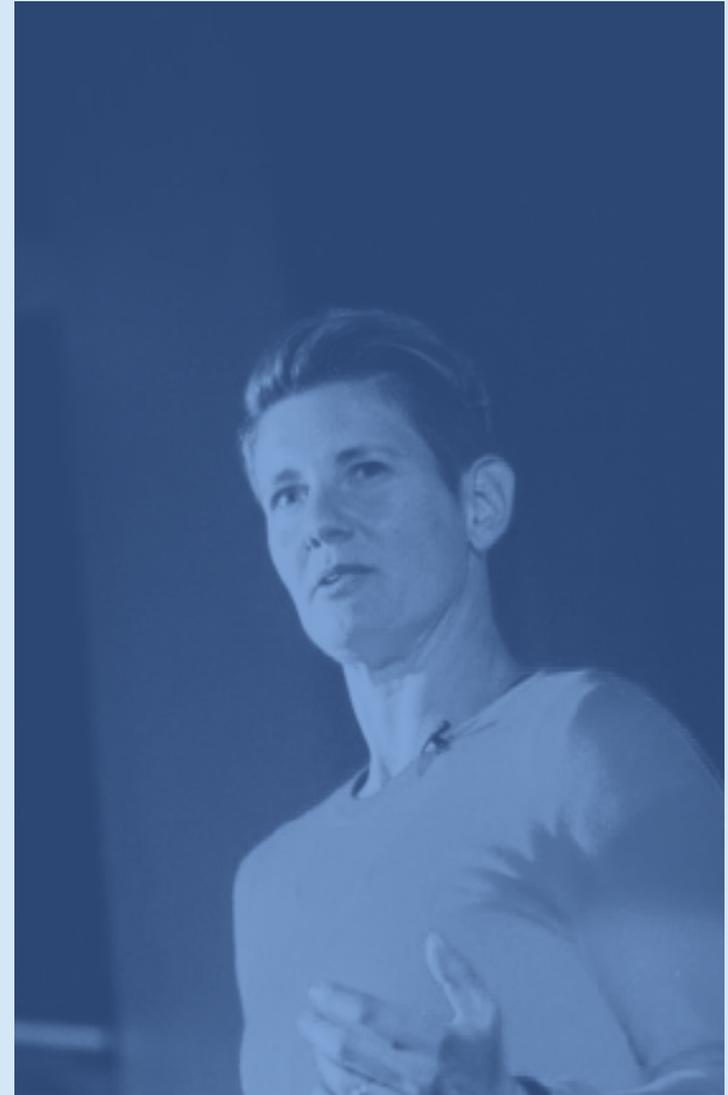
Speaker Brochure

This is more than a talk. It's an experience.

2021 changed the events industry and the way your teams connect with one another. As we return to some semblance of normality, having a speaker who is experienced in delivering to both live, virtual and hybrid audiences is paramount.

Leanne Spencer is a dynamic and engaging wellbeing speaker specialising in energy, work/life balance and burnout prevention. Leanne uses stories gleaned from her previous experience working in the corporate world with insights derived from over ten years in the health and wellbeing world to create a powerful talk that is packed with value and actionable insights. Using her unique Agile Business Athlete™ methodology, Leanne will show your audience how to beat burnout and maintain great energy by asking the question 'when are your Wimbledons?'

We will provide you with resources to ensure the impact of the keynote will last way beyond the duration of Leanne's talk.



The keynote is just the start!



Leanne provides incredible value in her keynote using the unique Agile Business Athlete methodology™, but when you book Leanne for your conference or event, you get more than just an energetic and inspiring keynote.

Not only will Leanne assist in promoting your event on social media, but she will also make suggestions on healthy snacks and beverages and energisers that you can run throughout the day to keep your audience engaged. Leanne will also spend time with the audience after the talk to socialise with your audience and answer informal questions.

We will provide takeaway gifts for your audience, access to a free diagnostic tool to help audience members understand their 'Health IQ' and can supply copies of Leanne's book. The key thing is ensuring that the talk transcends the time Leanne is on stage; these resources will embed what your audience have heard and ensure it becomes lasting and impactful.

Leanne prides herself on being easy to deal with and highly professional. We look forward to meeting you and inspiring your audience to see themselves as Agile Business Athletes™.

10+ yrs



Experience in
Health & Wellbeing

“Leanne lifted the room and set the energy level for the next two days”

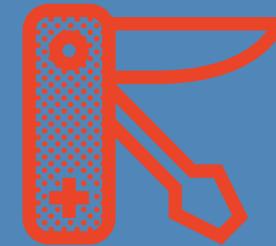
Greg Simidian, CEO,
Perfect Information



Author of **3**
Books

“Leanne delivers with confidence, clarity and charm”

Samuel Smith,
The Wellbeing Project



Bear Grylls
Survival Instructor!

“Really inspiring and vivid digital session”

Julia Cornu,
Global Wellbeing Leader, IKEA

When Are Your Wimbledon's?

Today's business environment is fast-paced and demanding, and the COVID-19 pandemic has added new stresses to people's lives. The ability to adapt to ever-changing circumstances is a vital skill, and one which we can learn from some of the most resilient people in society – athletes. Even at the most elite level, an athlete will not expect to be operating at peak performance all year round. They will look ahead to the schedule, get ready, perform to the best of their ability and then rest. The Agile Business Athlete™ methodology will inspire your teams to see themselves as business athletes, showing them how to manage their energy, reduce stress and minimise risk of burnout by following the 4-step process:



- PREDICT when the big events are in your life by asking 'when are your Wimbledon's?'
- PREPARE for those events the way an athlete would by 'building your bulletproof'
- PERFORM when you need to and 'respect your red flags'
- RECOVER by taking your foot off the gas pedal – 'backing off beats burnout'

Kathryn Partridge

Group Corporate Relations Director,
Britvic

“Leanne is the real deal. There are a lot of imitators out there who are jumping on the holistic wellbeing bandwagon, but Leanne has been leading the vanguard in a fully authentic and relatable way for some time now. I couldn't recommend Leanne highly enough to any organisation looking to maximise their energy, strength and joy.”

Booking Process

Check Availability

Send an email to hello@leannespencer.co.uk with your event details, dates and location or call +44 7401 441 818 and we will come back to you within 24 hours.

Approval Process

Once you have approved the proposal, we will issue the contract and billing. The date is locked in Leanne's diary once payment has cleared our account.

Post-Event

During the debrief meeting we will share resources for your audience to extend the impact of the talk and add value. Leanne will also request feedback to ensure you are 100% happy with the experience.



Book a Discovery Session

Talk to Leanne about your event, your audience and your objectives. Once Leanne has a thorough understanding of what you require, you will receive a proposal including speaker fees, expenses and logistical details.

Pre-Event

Leanne will create a teaser video for your audience and can also consult with event organisers on healthy snack and beverage suggestions. Leanne can also work with your MC or a team member to create 'energisers' to keep the audience engaged.



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Discover

www.leannespencer.co.uk

Get in touch

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