Leanne Spencer is a keynote speaker and author, with over 10 years’ experience in wellbeing and 13 qualifications in exercise and nutrition. Leanne began her career in sales and spent over 15 years working in the City of London before leaving in 2012 to set up an award-winning wellbeing company, after suffering from burnout. Leanne is the bestselling author of three books, hosts a podcast and is a Bear Grylls Survival Instructor. Leanne’s keynote shows your teams how to beat burnout and have more fun using her unique Cadence Approach™.