Leanne Spencer is an expert in corporate wellbeing and stress awareness.

Leanne has been in the wellbeing sector for over 10 years and has 13 qualifications in exercise and nutrition. She has delivered a TEDx talk with over 100k views; completed the World’s Toughest Ski Race; become a Bear Grylls Survival Instructor; published three bestselling books; completed 5 marathons raising over £15k for Alzheimer’s charities and is a Diversity Role Model, working to combat bullying in schools.

PLEASE WELCOME….. the creator of the Cadence Approach, Leanne Spencer!