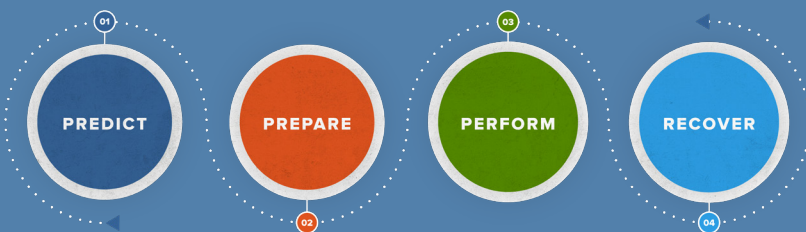


## Discover the secret to beating burnout and performing in life and work

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 Cadence Approach™, Leanne will show your audience how to beat burnout and maintain great energy by asking the question ‘when are your Wimbledons?’



- PREDICT when the big events are in your life by asking the question ‘when are your Wimbledons?’
- 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’

“Leanne was keynote speaker at the Resonant Group summer meeting in July 2022. She hit the mark brilliantly and both her keynote and the workshop enabled the team to stop and think about themselves and what they are doing every day to beat burnout and have more fun.”

David Youds  
Managing Director,  
Resonant Group

“Leanne was the opening keynote speaker at our annual conference. It is hard to put into words the profound effect she had on our near 100 delegates. Leanne delivered her message with such passion, expertise and skill - it lifted the room and set the energy level for the next two days.”

Greg Simidian  
CEO, Perfect Information

“I am very happy to have had Leanne as a keynote speaker for our global learning event. Throughout the process, Leanne has been listening to our needs and desires for content for the talk. Really inspiring and vivid digital session.”

Julia Cornu  
Global Health & Wellbeing  
Leader, Ingka Group IKEA