

*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 Cadence Approach™, 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 Cadence Approach™, 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 follow Leanne's game-changing Cadence Approach™.

10+ Years



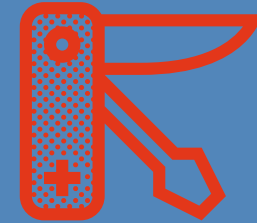
Experience in  
Health & Wellbeing

3



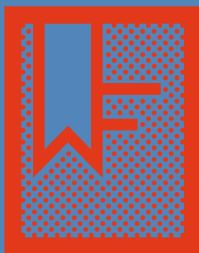
Books written

Bear Grylls



Survival  
Instructor

13



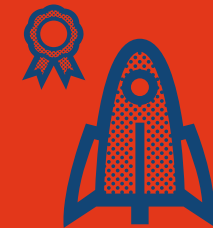
Excercise & Nutrition  
qualifications

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Award-winning  
Podcaster

2x



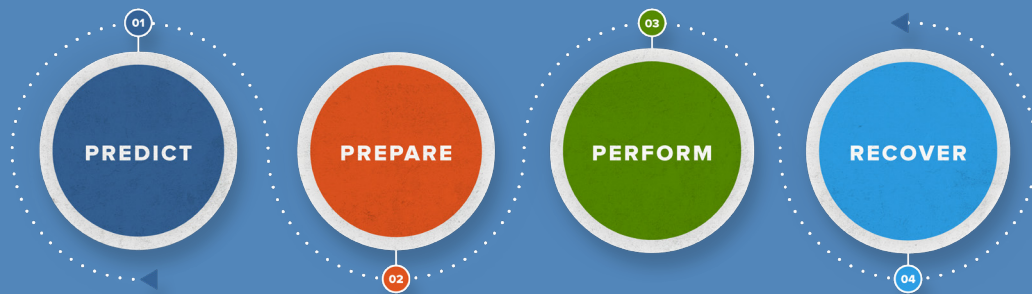
Award-winning  
Entrepreneur

# When Are Your Wimbledon's?

Leanne's wellbeing keynote teaches your teams to take ownership of their health and wellbeing using our unique Cadence Approach®, inspired by athletes who generally are very good at managing and restoring their energy levels. They do this by looking ahead to their schedule and identifying the big events; preparing themselves by focusing on their mind, body and wellbeing; performing at high level and then taking a break to allow their minds and bodies to recover.

Rather than expecting your teams to be operating at peak performance all year round, the Cadence Approach® shows your people how to manage their energy so they can perform (and feel) at their best.

It's a simple, four-step approach, brought to life by Leanne through the power of storytelling. First, identify the big events coming up in your professional and personal life; then prepare by making small improvements in sleep, mental health and energy; complete the task of event, and then allow your nervous system to recover by prioritising slivers of recovery into the day.



Cadence is about managing energy. Leanne's keynote will show your teams how to follow this approach so they can beat burnout and perform when they need to.

Lynsey Oakes



Operations Director Shared Services Forum

“From our first conversation we knew Leanne would be perfect for our annual conference 2022. Our members came away from the session not only with a signed copy of Leanne’s latest book but feeling completely energised. The feedback has been amazing!”

# Booking Process

## Check Availability

Send an email to [hello@leannespencer.co.uk](mailto: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.

UNFORGETTABLE MEMORIES  
CELEBRATES OLD TRAFFORD

WELCOME  
TO THE POINT

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RECONNECT | RESEY | REINVENT

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[www.leannspencer.co.uk](http://www.leannspencer.co.uk)

Get in touch

[hello@leannspencer.co.uk](mailto:hello@leannspencer.co.uk)

+44 0203 627 6010