

leanne
SPENCER



BOND

Social relationships; the next frontier of wellbeing.

Social connections and a sense of belonging play a pivotal role in promoting human health and overall wellbeing. The concept of 'Blue Zones,' regions around the world with exceptional longevity, emphasises the significance of strong social ties. Studies conducted in these areas have shown that individuals who maintain robust relationships with family, friends, colleagues and communities tend to lead healthier, happier lives. Leanne will teach your teams how to develop these connections using her unique methodology, BOND:



By fostering social connections and a sense of belonging, we not only enhance our mental and emotional wellbeing but also strengthen our physical health, ultimately contributing to a longer and more fulfilling life. Leanne's keynote uses the power of storytelling to teach your people the vital role social connections play in three key areas: belonging and connection, health and longevity, and innovative thinking.

I loved working with Leanne. Her energy and knowledge about energy came through in every conversation which made the planning of our event very easy and seamless. The Cadence Approach beautifully matched what we wanted for our event and over 300 people attended and 96% said they were "motivated to take positive actions to improve your wellbeing"

Maria Bostock | Global Senior Director Human Resources, Cytiva