

leanne  
SPENCER



## BOND

### Social relationships; the next frontier of wellbeing.

My team and I have spent the last decade promoting core elements of wellbeing such as sleep, breathwork and movement, and these ideas have helped thousands of people increase their energy, mood and motivation. However, things have changed profoundly since 2020. Hybrid and remote working are a permanent reality for many people, and AI is an increasingly large part of our lives, threatening to reduce the meaningful interactions we have with other people. That's why we think the next frontier of wellbeing will be social relationships; humans need to bond and connect to be happy, healthy and resilient.



In this fun and interactive keynote, Leanne uses the power of storytelling to improve trust, belonging and connection across organisations using her unique BOND Approach.

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