

Heaven
SPENCER

Leanne Spencer is an award-winning speaker and expert in corporate wellbeing and stress awareness.

Leanne has been in the wellbeing sector for over 12 years and has 13 qualifications in exercise and nutrition. She has delivered a TEDx talk with over 126k views; published three bestselling books including *Cadence*, a finalist in the Business Book Awards and was voted Speaker of the Year in 2022.

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

Leanne
SPENCER



13 Qualifications in
Exercise and Nutrition



TEDx Talk with over
126k views



Speaker of the Year



Three bestselling books

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