Hannah
SPENCER

Speaker Brochure

Simple Ideas. Practical Application. Powerful Results.

Work is faster, more complex and more demanding than ever, and the real performance differentiator is no longer effort, it's how well people sustain their energy, agency and connection over time. Leanne Spencer shows teams how to perform at a high level without burning out, using simple ideas that translate easily into real-world behaviour.

With two decades of corporate experience and more than a decade as a professional speaker, Leanne combines science, story and practical tools to make wellbeing a driver of high performance. Her talks explore one essential question. How do we stay human and high performing in a world that is too fast, too disconnected and too demanding?

Through her three signature frameworks - Cadence, BOND and SUSTAIN - audiences leave energised, clear on what to do next, and equipped with daily practices that drive lasting impact. Follow-up resources reinforce the message long after the keynote ends.

This isn't just a talk, it's an experience.

The Keynote Is Only the Beginning

A keynote with Leanne sparks momentum, but the real value is what happens after the applause. Every session is designed to create behaviour change that lasts, not just inspiration that fades by Monday morning. The aim is simple; people leave energised, clear on what to do next, and supported to consistently apply the ideas and concepts.

When you bring Leanne into your event you receive more than an engaging keynote. You receive practical frameworks, memorable stories, and tools that work in the real world, even during intense work periods. Leanne believes in making things simple, usable, and genuinely achievable. Her approach turns insight into action without adding pressure or complexity.

Consider adding the following resources to maximise impact:

- Copies of Leanne's bestselling books
- Follow up videos and toolkits to extend learning and reflection
- Scorecards and diagnostics that help people measure progress
- Follow on Q&A sessions or workshops to deepen application
- Post event resource packs that reinforce key ideas

This ensures your investment translates into real outcomes. Greater energy. Stronger relationships. Sustainable performance for your people and your business.

Clients

From global brands to growing teams, organisations work with Leanne for her rare blend of energy, insight and practicality. Her sessions create momentum that lasts, helping people reconnect to why their work matters, strengthen resilience and build habits they can sustain long after the event.

Book a call

Nestlé HealthScience

PURINA

J.P.Morgan PRIVATE BANK

asana

BUNZL

General Mills

vax

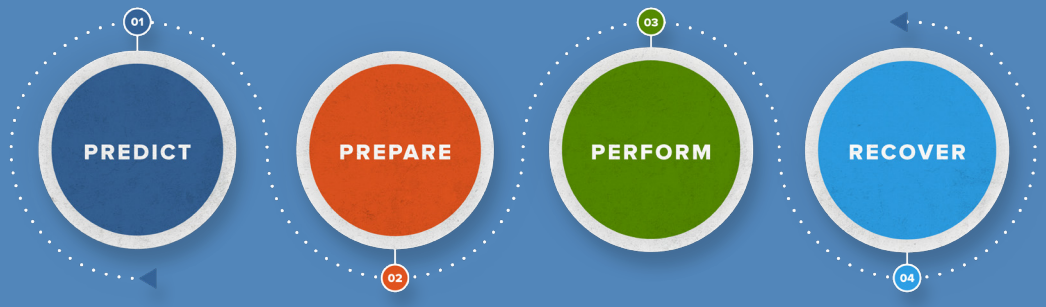
THE OUTWARD BOUND TRUST

DAZN

The Cadence Approach

Modern work is fast. Expectations are high. People are under pressure to perform yet many are running low on energy. The Cadence Approach is a simple four step model that invites people to see themselves as business athletes. Instead of pushing constantly, we plan for peak effort, take recovery seriously and arrive ready for the moments that matter.

Cadence offers a realistic way to maintain performance without burning out. It is simple, it is proven, and it meets people where they are. Leanne brings the approach to life through storytelling, practical tools and humour that makes the message relatable and easy to absorb.



Predict
Look ahead and identify your equivalent of Wimbledons. Harness the power of anticipation.

Prepare
Make small upgrades to sleep, mindset, movement and capacity. Small changes, big impact.

Perform
Deliver with energy and presence when sustainable high performance is required.

Recover
Reset the nervous system. Use short slivers of recovery that compound over time.

Cadence is about managing energy intelligently. This keynote shows your teams how to thrive when it matters.

The BOND Approach

Community and connection, the next frontier of workplace wellbeing

High performance relies on relationships. Yet in an era of AI acceleration and hybrid working, people communicate constantly yet connect less. Collaboration becomes transactional rather than human. Trust is slower to form and belonging becomes challenged. Popular culture reinforces individual survival and betrayal as entertainment. In this environment resilience drops, communication fragments and people work harder but not always productively.

BOND rebuilds the human fabric of teams. It equips people with practical behaviours that restore trust, strengthen cohesion and create connection that holds under pressure. This keynote moves connection beyond sentiment. It becomes a performance advantage and a cultural asset.

The BOND model focuses on four behaviours that bring people closer

Belong
Create psychological safety so people feel seen, heard and valued.

Open
Lead with curiosity. Remove assumption. Listen without needing to win.

Nurture
Strengthen relationships through consistency and care. Small moments compound.

Deepen
Move beyond polite exchanges. Build trust that survives pace and strain.

BOND leaves teams more cohesive, more empathetic and more able to support performance in one another. Strong relationships are not a perk. They are the infrastructure that keeps people well and organisations winning.

The Sustain Framework

The ultimate paradox is that most of us know what to do for our wellbeing, yet we are not consistently doing it. People understand the behaviours that fuel performance, but daily demands make them difficult to maintain. Energy declines, output becomes uneven and momentum drops faster than it can be rebuilt.

The Sustain keynote bridges this execution gap. It turns wellbeing into repeatable actions rather than good intentions. The session gives people a practical framework that holds when workloads rise and time feels scarce. This is behaviour change for real working environments, not theory for ideal conditions.

The SUSTAIN model is built around four pillars:

Values
Values build boundaries and guide choices during intensity.

Identity
Identity inspires ownership by bringing people back to who they are at their best.

Community
Community creates connection and strengthens support systems for performance.

Resources
Resources support resilience and capacity. This includes agency, focus, energy and recovery.

Sustain delivers measurable organisational return. Better decisions. More consistent delivery. Strong performance with less cost to the humans behind it.

Mark Speak  MD Bunzl Retail

"Listening to Leanne talk about Cadence in 2022, just as I began my first MD role, gave me a framework that's been central ever since. You can't do it all, but you can be ready for the moments that matter - major conferences, critical meetings, key reviews. Each year, my assistant and I identify those moments and track progress weekly. I'm match fit more often in the game I play - better for my role, my team, my business and at home."

Booking Process

Step one. Enquire

Share your event details, date, audience and objectives. You will receive a response within one business day.

Step two. Align

A short call to clarify what success looks like. This ensures the keynote is tailored to your audience and desired outcomes.

Step three. Confirm

You receive a proposal with fees and logistics. Once the contract, invoice and payment are complete, the date is secured in Leanne's diary.

Step four. Deliver

Showtime! Leanne will bring energy, clarity and practical application to the room. Stories make the ideas memorable. Tools make them actionable.

Step five. Embed

Follow up resources reinforce key messages and help teams continue applying the ideas after the event. Lasting impact is the goal.

leanne SPENCER

Discover

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Book a Call