

JEANETTE BRONÉE RETHINKING (SELF) CARE AT WORK



Jeanette Bronée is an inspirational performance and culture keynote speaker on the topic of why we need to bring self-care with us to work in order to master our attention, perform better and be more engaging leaders.

She shows how we can obtain both personal and organizational health, optimize our personal and professional ROI and achieve sustainable success by creating a company Culture of Care® where everyone is nourished. Jeanette teaches us how to increase our work/life quality by integrating tech and humanity at work, without losing our health to stress and burnout, and

access our core human resources for peak-performance by asking better questions.

She speaks about the challenges we face to change our habits and gives us the tools to learn how to thrive in a busy world. Her approach inspires change in an easy to understand, non-dogmatic way. Her goal is to empower her audience to take charge of their health and work-life habits, enhance their physical, emotional and mental resilience, master their attention and their time, decrease stress and increase their performance by changing the way they work.

KEYNOTE TOPICS *Because your best self can't wait*

<p>RETHINKING SELF-CARE TO TAKE CHARGE OF YOUR WELLBEING, PREVENT BURNOUT & WORK BETTER.</p>	<p>BE THE LEADER YOUR TEAM DESERVES AND YOUR COMPANY NEEDS.</p>	<p>HOW A WELLBEING CULTURE IS THE FOUNDATION FOR PEAK PERFORMANCE, GROWTH & SUSTAINABLE SUCCESS.</p>	<p>CUT THROUGH THE NOISE, TAKE BACK YOUR TIME AND HARNESS CHANGE.</p>	<p>HOW TO STOP STRESSING & START WORKING BETTER BY TRANSFORMING YOUR INNER CRITIC INTO YOUR INNER COACH.</p>	<p>REDEFINING SUCCESS AND AN INCLUSIVE CULTURE BY RETHINKING SELF-CARE AND CULTIVATING BETTER COMMUNICATION.</p>
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AUDIENCE/OUTCOME

Keynotes and programs help leaders and teams learn the skills to prevent burnout so they can reach a higher level of personal and professional performance, innovation, growth.

Companies get the framework for creating a culture that's more inclusive, engaging, and care-driven to cultivate better connection, communication and collaboration. The focus is to leave with tools to harness the human advantage by rethinking the process of achieving results, create impact, and sustainable sustainable success, without sacrificing health and personal lives. Employees have found they are more productive because

they know how to manage their energy, focus, and attention and also gain more work-satisfaction because they have agency over their own employee experience.

It is my focus to provide experiences that are packed with accessible and inspirational take-home tools that spark the desire to feed our hunger for success and fuel our performance, without stress and burnout. The goal is to nourish your work-culture so that everyone will work healthy and finish the day happy, with energy to spare. Let's create a culture where everyone is thriving. Of course you want that. The question is not if, the question is when?

TESTIMONIALS

“Your workshop provided strong insights and valuable takeaways to our participants and helped to make our programming that more rich and impactful.”

Richard
CUP Leadership Institute

“Just wanted to thank you again. I got some great feedback on your talk and how we are integrating this into our culture. Appreciate you and hope you have a great year.”

Marc Dyman
Chief Revenue Officer, Fiberlight

“Very impressed that Jeanette customized her presentation for our company and it was not just a canned talk. Feedback from the audience was extremely positive.”

Cox Communications

“With an inspiring simplicity, she makes us reflect on our habits and motivates us to care and commit to ourselves.”

Gabriela Goncalves
TEDxUnisinos

