



# Jennifer Keable

**SPEAKER**

**WORKSHOP FACILITATOR**

**CHANGE CATALYST**

Jennifer is a game-changing speaker whose approach to sustainable success isn't just different; it's a catalyst for meaningful and lasting change throughout organizations. Jennifer equips her audience with thought provoking questions and precise tools to move beyond unsustainable practices, and crippling stress, unlocking elevated well-being, mental clarity, and unparalleled productivity.

Jennifer's own journey—from battling imposter syndrome to overcoming two burnouts, the first striking at 21—brings authenticity and depth to her message. With over 15 years in a male-dominated industry and a background in psychology, she's a trailblazer who marries mindfulness and strategy to create enduring success - The kind that goes beyond ticking boxes, elevating energy and joy to an entirely new realm.

Through her dynamic talks, Jennifer empowers individuals and teams to thrive. Her radical, results-driven approach ensures that listeners leave inspired, armed with the tools to revolutionize their well-being and drive impactful change. Jennifer Keable isn't just a speaker; she's your guide to unlocking unparalleled success within business teams allowing the organization to have an even greater impact.

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INSPIRING

INVIGORATING

TRAIL BLAZING

# Jennifer Keable



- **"Jennifer gives off a great energy! The way she speaks fills the room with such a wonderful vibe where you can't help but leave motivated to live to your best life."** Ryan D
- **"Jennifer, is beautiful, gentle, and welcoming. I attended one of her workshops and loved it! I left feeling refreshed and inspired. Highly recommend!"** Iliana F
- **"Jennifer is such an incredibly engaging speaker, she naturally captures the audience's attention."** Hama C

## SIGNATURE TOPICS

- ✓ Boundaries Rewritten: Disrupting Workplace Norms for Success
- ✓ Redefining Success for Long Term Sustainability
- ✓ Thriving Within: The Key to Sustainable Impact

## KEY TAKEAWAY'S

- Save time and frustration by identifying your unique boundary style.
  - Learn effective communication tips for healthy boundaries
  - Implement a practical 4-step model and minimize hassle and optimize effectiveness
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- Discover how to achieve sustainable success without overwhelming stress
  - Learn this strategy to become more effective
  - Achieve lasting success by nurturing all life facets, enhancing professional performance
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- How to foster a balanced approach for elevated professional impact
  - 3 tools to nurture well-being for sustainable productivity and efficiency

## FEATURED PRESENTATIONS

FINANCIAL LEADERSHIP INSTITUTE

WOMEN THOU ART LOOSED

CHRONICALLY HEALTHY LIFE

CHANGING THE SALES GAME