



SHANNON TALBOT

Creating Happier & Healthier Workplaces

Speaker Package

Signature Keynote: Breaking Free: Creating & Living the Career & Life of Your Dreams

Helping high performers and emerging leaders break through obstacles, increase their confidence and realize their true potential so they can be more effective leaders.

Leveraging her upcoming book and experience of leading global teams and projects, Shannon inspires participants to:



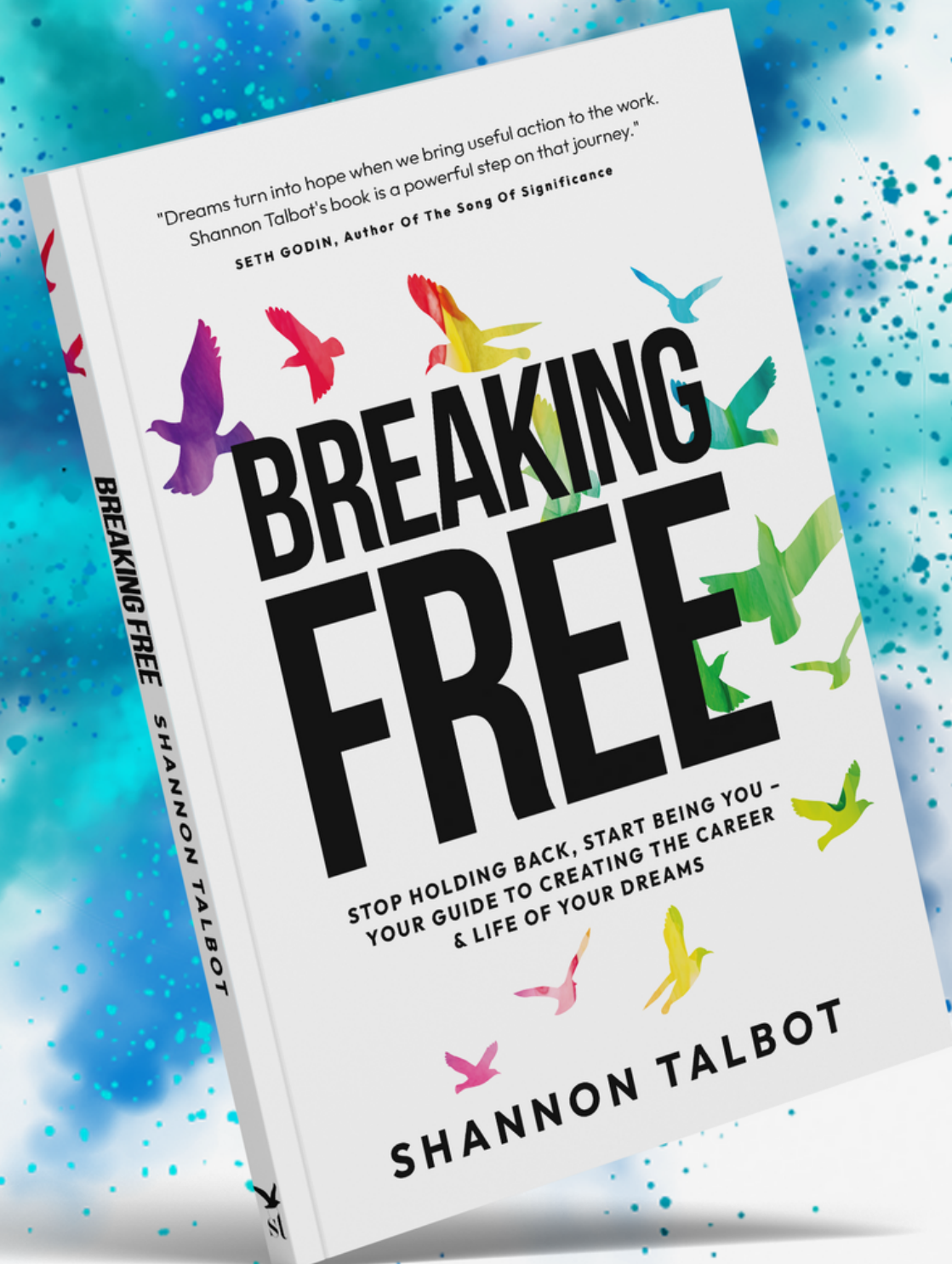
Create a vision for their career & life and identify the obstacles that hold them back.



Learn strategies to manage uncertainty, stress, and anxiety better while overcoming obstacles.



Feel confident and equipped to realize their potential and grow within their organization.



Available as a keynote or workshop (in-person or virtually). Option to add-on books for the participants.

Keynote 1: **From Burnout to Brilliance** **How To Maximize Your Success & Well-Being**

Stress, heavy workloads and increased pressure are commonplace for many organizations. In this keynote, Shannon educates and inspires participants to recognize their signs of burnout and provides tips to re-energize employees and strategies to sustain the new habits, all to improve employee productivity, well-being and performance.

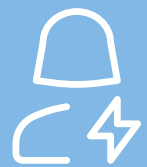
Participants will:



Understand what burnout is and how to recognize it.



Learn strategies to beat burnout and bring back their energy, passion and motivation.



Get tips and frameworks on how to incorporate the techniques into their busy lives, plus ways to sustain them.

Available as a keynote or workshop (in-person or virtually).



Keynote 2:

Manage your Energy, Not your Time

Maximizing Employee Performance

Multitasking, immense distractions, increasing workloads and competing priorities make time management especially challenging in today's world. In this keynote, Shannon motivates participants to stop prioritizing their time and start prioritizing their energy as a proven measure of improved success and well-being.

Participants will:



Learn the difference between energy and time management and how energy management is more important.



Discover what having more energy in their lives could do for them and their productivity.



Walk away with energy management and productivity tools and hacks.

Available as a keynote or workshop (in-person or virtually).



Keynote 3: Thriving Through Change Navigating Difficult Times in the Workplace

Learn how successful companies overcame tough times and grew stronger. Get leadership insights, tips for building a supportive culture, and practical strategies to lead your team through change.

Participants will:



Understand the crucial role of leadership during turbulent times.



Learn practical strategies and tools for equipping themselves and their teams to cope with stress and uncertainty, while encouraging adaptability.



Be inspired by real-world success stories.

Available as a keynote or workshop (in-person or virtually).



Keynote 4: Cultivating a Culture of Collaboration Building Successful Relationships at Work

Navigating relationships in the workplace can be tricky, especially in a hybrid or virtual world. In this session, Shannon teaches practical relationship management strategies to create a more collaborative and positive environment.

Participants will:



Understand the components of good working relationships.



Learn the research behind positive relationships in the workplace.



Get practical tools and strategies to improve their relationships.



Available as a keynote or workshop (in-person or virtually).

Partial Client List

Scotiabank®



FCB CANADA

iabs

CGI



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KELLERWILLIAMS.



Ministry of Labour,
Training and Skills
Development



“Thank you, Shannon, for participating in our Mental Health Awareness Campaign at Nestlé Canada! It was an inspiring and educational workshop on Burnout that resonated with all our employees & which brought people together in a new way. Your examples were relatable and inspiring – thank you, thank you!”

Maria Serraino, Nestle



“We had Shannon come in and deliver a keynote for one of our Director’s Offsites on Beating Burnout. Coming from the corporate world, Shannon understood the challenges our participants faced and through her energy and passion, she kept them highly engaged. Plus she had them walking away with practical tools and tips to improve their well-being at work.”

Tiffany Wilson, Director, CGI



“What a great & timely Beat Holiday Burnout workshop you delivered for NABS. Not only did you provide really practical tips to beat burnout, you were also very relatable having worked in our world and experienced burnout yourself.”

Louise Berube, Director at NABS Canada



“Shannon is an excellent speaker. She is articulate, fascinating, and inspiring. Shannon speaks from a place of honesty and empathy and can captivate a room with her calm yet positive demeanour.”

Ali Klerer, Group Account Director, Publicis

Testimonials

Who is Shannon Talbot?



Shannon Talbot is a workplace well-being and leadership expert who has become renowned for activating working professionals so they can maximize their success and well-being across various industries and has been doing so for more than 15 years.

Shannon aligns and partners with companies and organizations in an effort to see improved employee performance and engagement, reduced turnover, and improved employee well-being, all of which contribute to increased revenue.

After working as a leader in the corporate world in both the financial services and advertising industries and experiencing burnout from not prioritizing her well-being or knowing how to manage her stress and anxiety, Shannon started her practice to help working professionals improve their well-being and performance to have more energy and joy across every area of their life.

Shannon is a Certified Health, Life & Transformational Coach, holds an MBA from the Schulich School of Business and a Bachelor of International Business from Carleton University.

Shannon's work has been featured on CBC Radio and in Today's Parent, Chatelaine, Lifehack and Thrive Global.

Hundreds of working professionals and dozens of organizations such as Nestle, Scotiabank, BMO, Publicis, CGI, The WCB, nabs, FCB and Quad Realty have all benefitted from Shannon's programs.

Shannon's book "Breaking Free - Stop Holding Back, Start Being You - Your Guide to Creating and Living the Career and Life of Your Dreams" comes out in January 2024.



To Book Shannon

To learn more about Shannon's programs or to book her, please email info@shannontalbot.com and be sure to include your event details and date.

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