

JEN BUCK

Global Keynote Speaker, Awarded
2026 Smart Meetings Best of
Stage, Top 100 Speakers To Watch
in 2024 & 2025, C-Suite Veteran,
Bestselling Author of 10 Books

KEYNOTE LISTING

Imagine a ballroom filled with thousands of people singing television theme songs, shouting answers, clapping in rhythm, dancing in the aisles, laughing out loud—and discovering powerful truths about how they lead along the way. Jen Buck creates a full-throttle, concert-style experience where nostalgic music, movie moments, commercial jingles, humor, body percussion, and unexpected audience interaction turn the entire room into part of the keynote. It's electric, immersive, and impossible to passively watch—because Jen doesn't simply speak to an audience. She brings them fully into the experience.



Meet Jen Buck.

For the last 28 years, Jen Buck has been helping leaders, teams, and organizations create meaningful impact in the moments that matter most. An award-winning keynote speaker, C-Suite veteran, author, and former television and podcast host, Jen has delivered over 10,000 presentations and impacted more than one million people worldwide as a Keynote Speaker.

Throughout her career, Jen has worked with Fortune 100 companies, global brands, associations, and organizations across industries, helping leaders strengthen culture, elevate engagement, improve client experiences, and drive meaningful behavior change. Her client roster includes organizations such as Google, Coca-Cola, McDonald's, NASA, Mercedes-Benz, Molson Coors, and many others.

Before building her speaking career, Jen spent a decade helping launch and grow an award-winning global startup that became a billion-dollar brand. She later served in executive leadership roles including Chief Operating Officer, Chief of Staff, and Chief Communications Officer, giving her a unique perspective on the challenges facing today's leaders and organizations.

Recognized as **2026 Smart Meetings Best Of Stage** and one of the **Top 100 Speakers to Watch** in both 2024 and 2025, Jen is known for creating keynote experiences that go far beyond traditional presentations. Blending neuroscience, storytelling, music, movement, audience participation, and practical application, she transforms passive audiences into active participants and creates the kind of engagement, connection, and energy that modern audiences crave.

At the heart of Jen's work is a simple belief: *people have changed faster than leadership has*. As technology accelerates and attention becomes increasingly fragmented, Jen helps leaders create the one thing that remains irreplaceable: meaningful human connection. Through her signature message **Leadership for Modern Humans** Jen equips audiences with practical strategies to build trust, strengthen influence, foster belonging, and create lasting impact in an AI-powered world. Jen doesn't *just* deliver information. **She creates experiences people feel in their bones—and remember long after the event ends.**

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LEADERSHIP
MANAGEMENT
PEAK PERFORMANCE

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THE IMPACT ADVANTAGE

Leadership Strategies for Modern Humans in a World of Constant Change.

Today's leaders are navigating unprecedented levels of complexity, distraction, uncertainty, and change. Yet many are still relying on habits and leadership approaches that weren't built for the realities of the modern workplace. The Impact Advantage helps leaders develop the mindset, behaviors, and human-centered leadership skills needed to thrive in a rapidly evolving world.

In this high-energy, immersive keynote experience, Jen Buck blends neuroscience, storytelling, music, movement, and audience participation to reveal the habits and mental frameworks that separate exceptional leaders from the rest. Participants learn how to sharpen focus, elevate their presence, strengthen decision-making, and create meaningful momentum—even in the face of constant demands and competing priorities.

Because in today's workplace, leadership isn't just about managing performance. It's about creating impact. And impact is a competitive advantage.

MASTER THE MENTAL GAME OF MODERN LEADERSHIP

Develop the mindset shifts and leadership habits that help you navigate complexity with greater clarity, confidence, and consistency. Learn how high-impact leaders regulate their energy, manage distractions, and remain focused on what matters most.



UNDERSTAND THE SCIENCE BEHIND INFLUENCE AND IMPACT

Explore how emotional contagion, cognitive bias, attention, and brain-based decision-making shape leadership effectiveness. Learn how to leverage these principles to build trust, influence behavior, and create stronger outcomes for individuals and teams.



TURN INTENTION INTO MOMENTUM

Gain practical strategies for aligning daily actions with meaningful outcomes. Learn how to connect purpose to performance, create positive leadership habits, and consistently translate intention into impact.



[CLICK HERE TO VIEW JEN'S SPEAKER DEMO REEL](#)

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ENGAGEMENT
CULTURE
LEADERSHIP



T H E I M P A C T E F F E C T

Creating Connection, Engagement, and Culture for Modern Humans.

Today's employees are navigating unprecedented levels of distraction, burnout, change, and disconnection. Yet many organizations are still relying on leadership approaches designed for a different era. The Impact Effect helps leaders understand how everyday moments of leadership shape trust, belonging, engagement, and culture—and why those moments matter more than ever.

In this high-energy, immersive keynote experience, Jen Buck blends neuroscience, storytelling, music, movement, and audience participation to demonstrate the science behind human connection and sustained engagement. Participants learn how to create environments where people feel valued, supported, and inspired to contribute at their highest level. Because in today's workplace, engagement isn't created by chance—it's created through intentional leadership impact.

BUILD A CULTURE PEOPLE WANT TO BE PART OF

Learn practical strategies for creating an environment where employees feel valued, connected, and motivated to contribute. Discover how intentional leadership behaviors strengthen trust, increase engagement, and create a culture where people want to stay, grow, and perform.



UNDERSTAND WHAT MODERN HUMANS NEED TO THRIVE

Explore how emotional contagion, psychological safety, belonging, and brain-based motivation influence behavior and performance. Learn how today's leaders can create meaningful connection in a workplace where attention is fragmented, expectations are rising, and human connection matters more than ever.



TURN EVERYDAY LEADERSHIP MOMENTS INTO LASTING IMPACT

Gain practical tools for translating intention into action and creating positive ripple effects through daily leadership behaviors. Learn how small moments of leadership influence culture, engagement, collaboration, and performance—and how to use those moments intentionally to amplify impact.

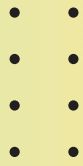


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WOMEN
EMPOWERMENT

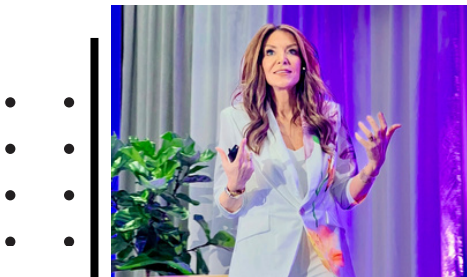


WOMAN OF IMPACT Leading What's Next.

Women are leading through a profound shift in how people work, connect, communicate, and define leadership. Expectations are rising, change is constant, and the ability to make their value visible, influence how others think and act, and create impact has never been more essential. Women are not lacking talent, ambition, or readiness; the challenge is ensuring their value is seen, their voices carry influence, and their leadership presence is recognized, trusted, and remembered. Woman of Impact: Leading What's Next is a high-energy, immersive keynote experience that blends practical neuroscience, powerful strategy, humor, music, movement, and audience participation to examine the internal and external forces that shape confidence, visibility, and influence. Women discover how perception is formed, how trust is built, and how intentional communication can strengthen their ability to move people and ideas forward. They leave equipped with practical tools to communicate their value with greater confidence, elevate their presence without compromising who they are, strengthen their leadership identity, and create greater impact in every conversation, decision, and room they enter.

LEAD WITH CLARITY, CONFIDENCE, AND PRESENCE

Develop the mindset and performance habits that elevate how you show up in every high-stakes moment. Learn how to align your energy, intention, and communication so your presence builds credibility, commands attention, and reinforces your leadership before you say a word.



MASTER THE SCIENCE OF IMPACT

Understand how emotional contagion, cognitive bias, and brain-based influence shape how you are perceived and trusted. Learn how to use these principles to communicate with intention, strengthen influence, and create lasting impressions that elevate your leadership effectiveness.

EXPAND YOUR INFLUENCE AND AMPLIFY YOUR IMPACT

Gain practical strategies to increase visibility, strengthen trust, and create meaningful connections across teams and organizations. Learn how to turn everyday leadership moments into opportunities to expand influence, accelerate growth, and amplify your impact at every level.



[CLICK HERE TO SEE JEN'S SPEAKER DEMO REEL](#)

TOPICS & DEMO REELS

TOPICS/AREAS OF EXPERTISE:

Leadership & Management
Employee Engagement
Corporate Culture
Peak Performance
Women's Empowerment

Speaker Demo Reel:

<https://youtu.be/SYojqdWcGFA?si=HrlrjDXJ-i6KDaEG>



Audience Engagement Demo Reel:

<https://youtu.be/SYojqdWcGFA?si=HrlrjDXJ-i6KDaEG>



Story Demo Reel:

<https://youtu.be/SYojqdWcGFA?si=HrlrjDXJ-i6KDaEG>





*Ready to make
an Impact?*

Partner With Jen Buck Today.

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