

# JEN BUCK

Award-Winning Keynote Speaker,  
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## BANG HEAD HERE

Identify the mental and  
physical symptoms of stress  
and understand the  
difference between good  
and bad stress.

## CARBS, SWEARING, AND SARCASM

Tips, ideas, and techniques  
to recognize triggers and  
understand how women  
combat stress.

## ADULTING LIKE A BAD\*SS

Strategies to simplify your  
life at work and at home, so  
that you can have more  
control of your life.

## Does This Stress Make My Butt Look Big?

Thinking about our well-being has never been more front and center as it is today. With more and more of us feeling a downturn regarding our balance and mental state, due to the multiple layers of loss during the pandemic, we must do away with archaic misconceptions about mental health and fight to create a safe and supportive environment where we can thrive.

This keynote will teach women about common destructive working patterns and educate them to recognize the warning signs, both in their colleagues and themselves, such as often overlooked triggers, as well as red flags around burnout, anxiety, and depression. This fun and entertaining keynote will encourage change through humor and engagement, along with relatable and easy to apply strategies.

Imagine a more productive, less stressed, and more focused professional and personal life. It's time to take a breath, have a laugh, and discover new ways to recharge our energy and enthusiasm... and learn to see our life and career in a whole new way.

