

JEN BUCK

Award-Winning Keynote Speaker,
5X Best-Selling and Award-Winning
Author, C-suite Veteran, Top 100
Speakers To Watch in 2024 & 2025



PEAK PERFORMANCE
LEADERSHIP
MANAGEMENT

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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.



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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.



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