

# JEN BUCK

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



## MEDIAKIT

Unleash your presence.  
Elevate your influence.  
Expand your impact.





## Hey! I'm Jen Buck.

I began the first decade of my career in a startup environment, helping to launch a billion-dollar, award-winning global brand while serving in a leadership development and training role. Since then, I have spent the past 27 years as an award-winning professional Keynote Speaker, delivering over 10,000 programs and impacting more than a million people around the world. As a five-time best-selling author with ten books, the host of a television show broadcast in 50 countries, and the creator of a podcast that celebrates female leaders making a difference in their communities, I remain deeply committed to creating lasting, meaningful impact.

Throughout my career, I have consistently built bridges across industries and communities, championing collaboration, unity, and strategic partnerships. As a C-suite veteran—having served as Chief Operating Officer, Chief Communications Officer, and Chief of Staff for three U.S. Congressional campaigns—I understand the power of uniting diverse voices around a shared vision. Additionally, founding a nonprofit that supported 48,000 people in need reinforced my belief that meaningful change is built through collective action and compassionate leadership.

My programs are high-energy, fast-paced, and designed to help leaders thrive in ever-evolving, high-intensity environments. I specialize in helping organizations cultivate high-performing emerging leaders through keynotes, training, and coaching, with a focus on navigating proximity to influential partners and leveraging strategic positioning. Through my IMPACT framework, I equip leaders to build high-functioning, unified teams capable of leaving a lasting legacy.

With an inspiring and practical message, I know how to get audiences on their feet—sometimes even dancing!—and fired up about creating real, sustainable change in their teams, their organizations, and their lives. Together, we build bridges that strengthen leadership, foster collaboration, and empower individuals to thrive at every level.

**"Jen is a breath of fresh air! She comes from unexpected places with a call to action that is moving and important. What a compelling storyteller!"**

**- Ginny Clarke, Vice President at Google**



## **WHY I MAKE A BIG IMPACT**

**"Brain science meets Beyoncé-level energy!"**



- **I blend neuroscience with high-energy delivery to create messages that stick and transform behavior.**
- **I craft multi-sensory experiences—music, movement, play, engagement—that boost retention and ignite momentum.**
- **I turn insight into action with simple, practical tools leaders can apply immediately.**
- **I customize every keynote so audiences feel seen, understood, and inspired to act.**
- **I elevate the room's energy and create moments that drive lasting impact.**

**"Jen is always at the top of her vocation, a great partner to work with and just a joy to be around. I recommend Jen to any of my clients and just wish I could clone her and have about five more to work with! There is no limit to what she can do!"**



**- Adam Elliott, Senior Training Consultant**



# WHY I UNDERSTAND WHAT YOUR EVENT NEEDS

With 35 years in Employee Development, I've been on every side of the room — building training programs, coaching leaders, supporting teams, and partnering with event planners to create experiences that truly land. I know exactly what it takes to deliver a standout event because I've lived the pressure: the rave reviews, the attendee surveys, the demand for fresh content, and the expectation that every speaker must deliver big results.

That's why my keynotes are designed to make your job easier. I understand the psychology of adult learning, the rhythm of an effective event, and the impact that energy, engagement, and actionable content have on an audience. My experience allows me to walk on stage fully prepared, aligned with your objectives, and committed to creating a session that reflects well on you—the planner who made it all happen.

When we partner, you're not just getting a keynote. You're getting 35 years of insight, professionalism, and behind-the-scenes understanding that ensures your event stands out, your audience is energized, and your feedback forms glow.

## THE IMPACT EXPERIENCE

High-impact content  
with a high-energy vibe.



- "Unforgettable. Unstoppable. Unexpectedly fun."
- "Leadership lessons served with laughter, movement, and magic."
- "Not your average keynote—this one comes to party."
- "Brain science meets Beyoncé-level energy."
- "Where transformation meets tempo—fun you'll feel!"



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PEAK PERFORMANCE  
LEADERSHIP



## THE IMPACT ADVANTAGE

**Lead like a high performer. Show up like an Impact Maker.**

The Impact Advantage reveals the core behaviors and mental frameworks that separate exceptional leaders from the rest. In this high-energy, research-backed keynote, Jen Buck equips audiences with the strategies peak performers use to think clearer, act bolder, and create meaningful momentum in their organizations. Blending science with music, movement, and a contagious sense of fun, Jen turns learning into an experience audiences feel in their bones. Participants learn how to master the mental game, elevate their presence, and align their actions with outcomes that truly move the needle. This experience empowers leaders at every level to build credibility, strengthen teams, and lead with purpose—because in today's demanding landscape, impact isn't accidental...it's a competitive advantage.

**"I've worked with Jen multiple times with a large variety of clients. Today, she is my "go to" for motivational speaking and leadership development. There's no one I have encountered who brings the combo of experience, intelligence, and fun. Simply put, she is exceptional!"**

-Chris Grebowiec, Global Learning Leader, Square

### Master the Mental Game of High-Performance Leadership

Learn the mindset shifts and behavioral habits that elevate clarity, confidence, and consistency in every leadership moment. Discover how high-impact leaders regulate their energy, sharpen their presence, and make intentional choices that move teams forward.



### How the Science of Impact Influences Behavior and Results

Understand how emotional contagion, cognitive bias, and brain-based triggers shape trust and decision-making—and use them to lead more intentionally. Learn how to leverage these insights to influence outcomes, elevate team alignment, and create environments where people perform at their highest potential.



### Align Purpose With Action to Drive Meaningful Impact

Gain practical strategies for connecting daily decisions to high-impact outcomes that strengthen teams, improve performance, and build lasting legacy. Learn how to translate intention into consistent action so your influence is felt in every room, every conversation, and every result.



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

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ENGAGEMENT  
LEADERSHIP



## THE IMPACT EFFECT

**Because engagement isn't accidental—it's the effect of impact.**

The Impact Effect shows leaders how to build engaged cultures where people feel valued, connected, and motivated to perform at their best. In this high-energy, interactive keynote, Jen Buck incorporates music, movement, and engaging moments that demonstrate—through experience—the science behind belonging and sustained engagement. Using proven strategies and real-world examples, attendees learn how to elevate morale, strengthen trust, and design daily interactions that boost motivation and collaboration. This session equips leaders with practical tools to cultivate people-first cultures where engagement isn't accidental—it's the result of intentional, impact-driven leadership.

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### Build a People-First Culture That Drives Engagement

Learn practical strategies for creating an environment where employees feel valued, supported, and motivated to contribute at their highest level. Discover how intentional leadership can strengthen trust, boost engagement, and elevate team performance.



### How the Science of Impact Elevates Engagement & Culture

Understand how emotional contagion, psychological safety, and brain-based motivation shape behavior—and how leaders can use these principles to build stronger, more connected teams. When leaders apply this science, they unlock higher engagement, faster collaboration, and a team culture that naturally drives results.



### Activate Leadership That Inspires and Amplifies Impact

Gain practical strategies for connecting daily decisions to high-impact outcomes that strengthen teams, improve performance, and build lasting legacy. Learn how to translate intention into consistent action so your influence is felt in every room, every conversation, and every result.



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CLIENT & CUSTOMER  
EXPERIENCE



## AMPLIFYING CLIENT IMPACT

**Small moments. Big loyalty. Massive impact.**

Amplifying Client Impact shows leaders and teams how to transform everyday client touchpoints into standout moments that build loyalty and trust. In this dynamic, engaging keynote, Jen Buck uses music, movement, and interactive demonstrations to illustrate the science behind human connection and high-level service. Drawing on proven practices from top-performing organizations, attendees learn how to communicate with intention, elevate emotional resonance, and consistently exceed expectations. This session equips participants with practical tools to make every client interaction personal, memorable, and results-driven—because in service and client experience, impact isn't a bonus...it's the standard.

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### Create Meaningful, Personal Client Connections

Learn simple, repeatable strategies for building trust, strengthening relationships, and making clients feel valued and understood. Discover how small, intentional actions create memorable moments that elevate loyalty, deepen connection, and set you apart in a crowded marketplace.



### Use the Science of Impact to Influence Client Experience

Discover how emotional contagion, behavioral cues, and brain-based trust triggers shape client perception—and how to intentionally create moments that elevate loyalty, satisfaction, and long-term engagement. Learn to use these insights to design service interactions that feel personal, memorable, and impossible to ignore.



### Deliver Client Impact That Drives Loyalty and Results

Gain practical tools for exceeding expectations, aligning service behaviors across the team, and creating consistent interactions that lead to deeper relationships and sustainable success. Learn how to put these practices into motion so every touchpoint delivers reliability, connection, and impact.



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WOMEN  
EMPOWERMENT



## BECOMING A WOMAN OF IMPACT

**Own your power. Elevate your voice. Lead with impact.**

Becoming a Woman of Impact is a high-energy, research-backed experience that empowers women to lead with clarity, confidence, and undeniable presence. Jen Buck takes audiences on a transformative journey that blends science, strategy, and electrifying fun — weaving in music, movement, and powerful moments of connection that awaken courage and inspire action. Through real-world stories and brain-based insight, women learn how to command the room, elevate their influence, and activate the kind of leadership that gets remembered. This is about stepping into your brilliance, owning your power, and becoming a woman whose impact is felt long after she leaves the stage.

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### Lead with clarity, confidence, and presence.

Learn the mindset shifts and performance habits that help women elevate their voice, strengthen their leadership identity, and show up with unwavering confidence in every high-stakes moment. Discover how to align your intention and energy so your presence speaks before you ever say a word.



### Master the science of impact.

Understand how emotional contagion, cognitive bias, and brain-based influence shape perception, trust, and leadership effectiveness — and learn how to use them to lead with more intention and power. Harness the neuroscience behind influence so every interaction leaves a purposeful and memorable imprint.



### Activate your full leadership momentum.

Gain simple, actionable strategies to elevate your influence, build trust quickly, and create meaningful connections that amplify your impact across teams, organizations, and communities. Transform everyday moments into opportunities to lead boldly and expand your sphere of impact.

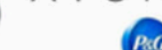
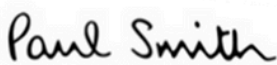


**[CLICK HERE TO SEE JEN'S SPEAKER DEMO REEL](#)**



# Jen brings over 35 years of experience

working with the biggest brands in the world to transform their teams and increase their impact.



# WHAT AUDIENCES & PLANNERS SAY ABOUT JEN BUCK

- **"You were like brain science meets Beyoncé-level energy!"** - Vanessa Duran, National Association of Hispanic Nurses
- **"Jen's got star written all over her... she's going to be the next big thing!"** - Les Brown, Motivational Speaker, Author and TV Host
- **"Jen is a testament to what it means to go above and beyond – she not only delivered on what we asked, she exceeded our expectations. If you need a speaker with a proven track record that doesn't just deliver a canned speech, and you want someone who's kind, witty, fun, professional, with energy for days, book Jen!"** - Eileen Green, Vesta Corporation, Director Learning and Organizational Development
- **"Jen's intimate and vulnerable talks inspire audiences to use their everyday privileges to help others. Jen's speaking style is relatable to anyone who's hoped to tackle life's hard questions."** - Miriam Warren, Senior Vice President, Yelp
- **"For 15 years, I had the pleasure to work with Jen with our major clients. She stands out as among the most dynamic, energetic and personable speakers I've known. She has the ability to instantly connect with and inspire an audience with her expertise from topics ranging from leadership, communications to coaching and mentoring. I can easily say she's one of the very best I've worked with!"** - Cheri Devery, Event Manager, ABWA



**It's ALL about the IMPACT.**



# Media Links

## Speaker Demo Reel:



## Seen & Heard On:

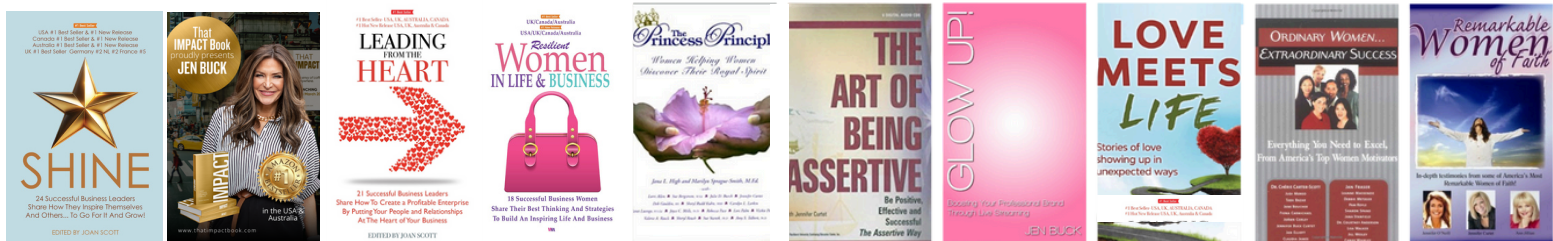


## Podcast and Television Show:

The HERstory Collaborative highlights high-performing women who are changing their corner of the world. The podcast can be heard on every major platform and the television show was broadcasted through CTYTV Network.



## Books:



## Social Media Links:

All @jenbuckpeaks



*Ready to make  
an Impact?*



**Partner With  
Jen Buck Today.**

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