

JEN BUCK

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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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.

"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

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](#)

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AMPLIFYING YOUR EXECUTIVE IMPACT

The "Amplifying Your Executive Impact" keynote is wildly transformative for women navigating their leadership journey by equipping them with essential skills and insights to elevate their impact and influence. This impactful session will empower attendees to cultivate a commanding presence, project confidence, and effectively communicate their value in professional settings. By addressing unique challenges and providing actionable strategies, the keynote will empower women to navigate biases, overcome barriers, and seize leadership opportunities with poise and purpose. Participants will gain practical techniques to enhance their visibility, build strategic relationships, and lead authentically in male-dominated environments. Through a fast-paced, inspiring, and fun presentation style, women will receive the tools to plant their flags and step into executive leadership where they can make an impact. Ultimately, this transformative experience will empower women to excel as leaders, shatter glass ceilings, and inspire positive change within their organizations and beyond.

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KNOW YOUR VALUE

The goal is to create a larger impact and plant your flag. Learn to build a strong positioning statement that will set you apart from your competitors. When you understand how to formulate your success and you believe you're ready, doors open.



KNOW THE RULES

Use the rules of Strategic Positioning to build your relevance and bring forth progressive ideas that will help you take center stage. The best idea doesn't always get noticed, but when you pair that with proven psychological tenets, you will garner respect and action from those around you.



KNOW THE PLAYERS

Strategically create opportunities and learn how to amplify your authority when the stakes are high. It's all about who you know and how you navigate. Building strategic partnerships and being seen as a partner of high value is what moves the needle.



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BRANDING FOR IMPACT

In today's noisy, competitive world, standing out isn't enough—you need to stand for something. Branding for Impact is an empowering, high-energy experience that helps women design a personal brand that doesn't just get noticed—it gets remembered. This transformative keynote inspires women to strategically leverage their unique strengths, stories, and values to create lasting impact and amplify influence. Through actionable strategies and neuroscience-backed insights, participants learn how to elevate visibility, strengthen their voice, and align their professional presence with their purpose. From powerful storytelling to intentional networking and authentic self-promotion, Branding for Impact reveals how to lead with credibility, communicate with confidence, and cultivate a magnetic presence that moves people—empowering women to be seen, heard, and felt as they drive meaningful change in their careers, companies, and communities.

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THE IMPACT EFFECT

The goal is to create a larger impact and get people to remember you. Learn to build a strong, authentic reputation in order to influence and activate more people. The name of the game is IMPACT and when you understand the neuroscience, you can nail it every time.



POSITIONED FOR IMPACT

No more waiting your turn. Use the laws of Strategic Positioning to build your relevance and bring forth progressive ideas that will help you take center stage. This is about being prepared, proactive, and polished when opportunity strikes.



IMPACT BY DESIGN

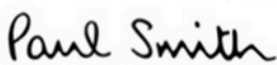
Strategically create opportunities and choreograph proximity to those with authority and influence. Having a prepared and proven strategy will help you create impact in the rooms where decisions are made.



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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:

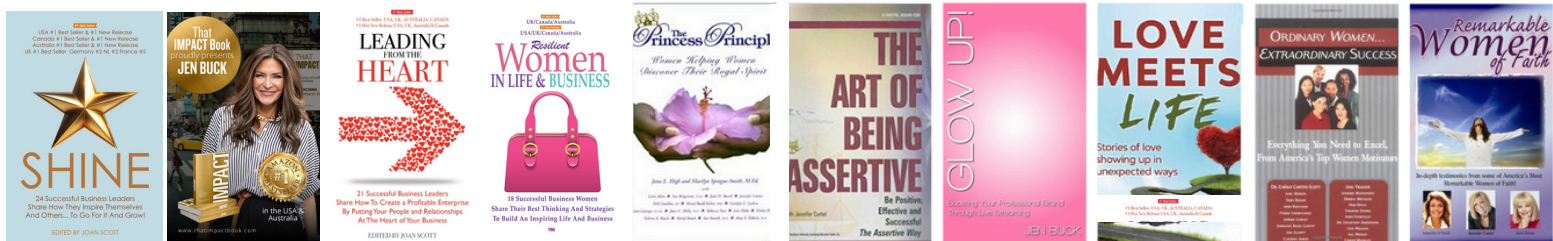


Podcast and Television Show:

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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