

JEN BUCK

Award-Winning Keynote
Speaker, 5X Best-Selling
Author, 10 Books, C-suite
Veteran, Awarded Top 100
Speakers to Watch in 2024
and 2025



MEDIA KIT

As one of today's most electrifying voices in leadership, Jen Buck doesn't just inspire audiences—she ignites transformation. Her high-octane keynotes fuse energy, strategy, and neuroscience to activate leaders who strengthen culture, elevate engagement, and accelerate performance at every level. When Jen takes the stage, impact isn't just felt—it's unleashed.

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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 brings over 30 years of experience

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



"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



This is *why* investing in your leadership impact matters.



- Developing the next generation of leaders is the top challenge for the majority of CEO's
- 63% of millennials believe they aren't being fully developed as leaders by their employers for management positions
- 83% of businesses say it's important to develop leaders at all levels. Yet less than 5% of companies have implemented leadership development across all levels
- 47% of CEO's surveyed predict there will be a shortage of leadership or executive-level skills in the future
- 44% of leaders feel worn out and used up and plan to move to a new company in order to advance their careers

"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

KEYNOTES

Jen Buck's keynotes are impactful because they deliver transformative experiences that ignite mindset shifts, equip audiences with actionable strategies, and inspire lasting change. Each session is thoughtfully crafted to meet individuals where they are — whether they're emerging leaders, seasoned executives, or those striving to make a greater impact. Jen blends dynamic storytelling, practical tools, loads of fun interaction, and relatable insights to empower attendees to lead authentically, build resilience, foster innovation, and create positive, sustainable change within their organizations and communities. Through her energetic and engaging style, participants leave not only inspired but also prepared to take immediate, meaningful action that drives both personal growth and organizational success. (Fair warning: dancing and singing is often experienced!)

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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KEYNOTE

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BECOMING A WOMAN OF IMPACT

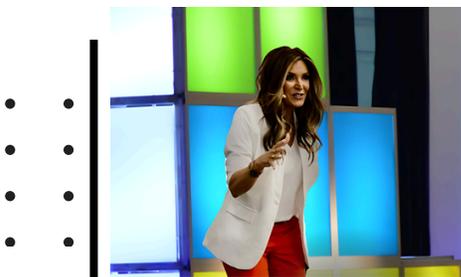
The "Becoming A Woman Of Impact" keynote is poised to profoundly transform women in leadership, and those aspiring to leadership, by offering empowering insights and strategies tailored to their unique experiences and challenges. This impactful session will inspire attendees to embrace their authentic voices, leverage their strengths, and navigate barriers with confidence. By highlighting diverse leadership styles and sharing relatable success stories, the keynote will empower women to redefine traditional paradigms, fostering a supportive network of change-makers. Participants will gain actionable tools to cultivate resilience, advocate for themselves, and champion inclusivity in their spheres of influence. Ultimately, this transformative experience will equip women with the mindset and skills needed to lead boldly, authentically, and impactfully in their professional and personal journeys.

"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

TAP INTO YOUR DEEP BRAVERY

We make an impact by stepping into the unknown, disregarding fear and focusing on how we can create change that will benefit others. Often, it's the lack of confidence that creates our missed opportunities and there are strategies to get beyond the nerves.



CHOOSE TO BE GUTSY

Bold moves demand imagination and determination, and women have that in spades! Dreaming big, finding the right partners, and being willing to lean in are what will help us leave a mark. The world is waiting-- it's time for us to act.

EMBRACE AGILITY

Our ability to adapt to change and make the most of newfound challenges and opportunities will be the key differentiator in the impact that we make. Women are coming in HOT and it's time for us to make an 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

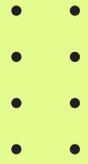
Strategically create opportunities and learn how to amplify your authority when the stakes are high. It's all about who you know and how you navigate. Building strategic partnerships and being seen as a partner of high value is what moves the needle.



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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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THE IMPACT EFFECT

Creating Moments That Stick and Movements That Last

Today's professionals expect more than information—they crave meaning, belonging, and experiences that make them feel connected to something bigger. With attention spans shrinking and engagement competing across every platform, the margin for “forgettable” has completely disappeared. In this dynamic, high-energy keynote, Jen Buck reveals how organizations can cut through the noise and deliver Impact that resonates on every level. Blending brain-based strategies, powerful storytelling, and interactive experiences, Jen shows leaders how to spark connection, elevate participation, and transform everyday moments into extraordinary ones that strengthen the entire community.

Drawing from 27 years of experience with Fortune 500 companies, associations, and global brands, Jen shares the science behind what makes an experience stick—and the practical tools to make it happen. She unpacks how emotion acts as a highlighter in the brain, why novelty drives engagement, and how to design moments people replay and talk about long after the conference is over. With her signature mix of energy, humor, and unforgettable participation (yes—even singing and dancing on stage!), Jen delivers more than ideas—she delivers an experience that unites, energizes, and amplifies collective Impact.

IMPACT STARTS WITH INSIGHT

Discover what truly captivates human beings and how to create experiences that stick. When you understand the brain behind belonging, you can transform passive employees into passionate ambassadors.



THE SCIENCE OF IMPACT

Leverage brain-based strategies that harness attention, evoke emotion, and turn information into unforgettable experiences. When you align with how the brain naturally engages, your people don't just listen—they connect, remember, and return.



MOMENTS THAT MATTER

Create sticky, high-impact strategies that transform gatherings into shared experiences your people can't stop talking about. These aren't just highlights—they're the emotional anchors that strengthen community and fuel engagement long after the event ends.



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Media

Speaker Demo Reel:



Seen & Heard On:

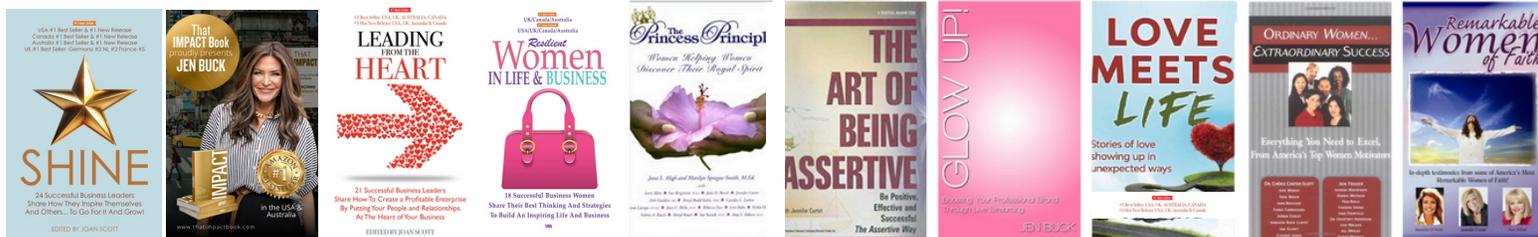


Podcast and Television Show:

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.

jen@jenbuckspeaks.com

jenbuckspeaks.com

310-200-7567