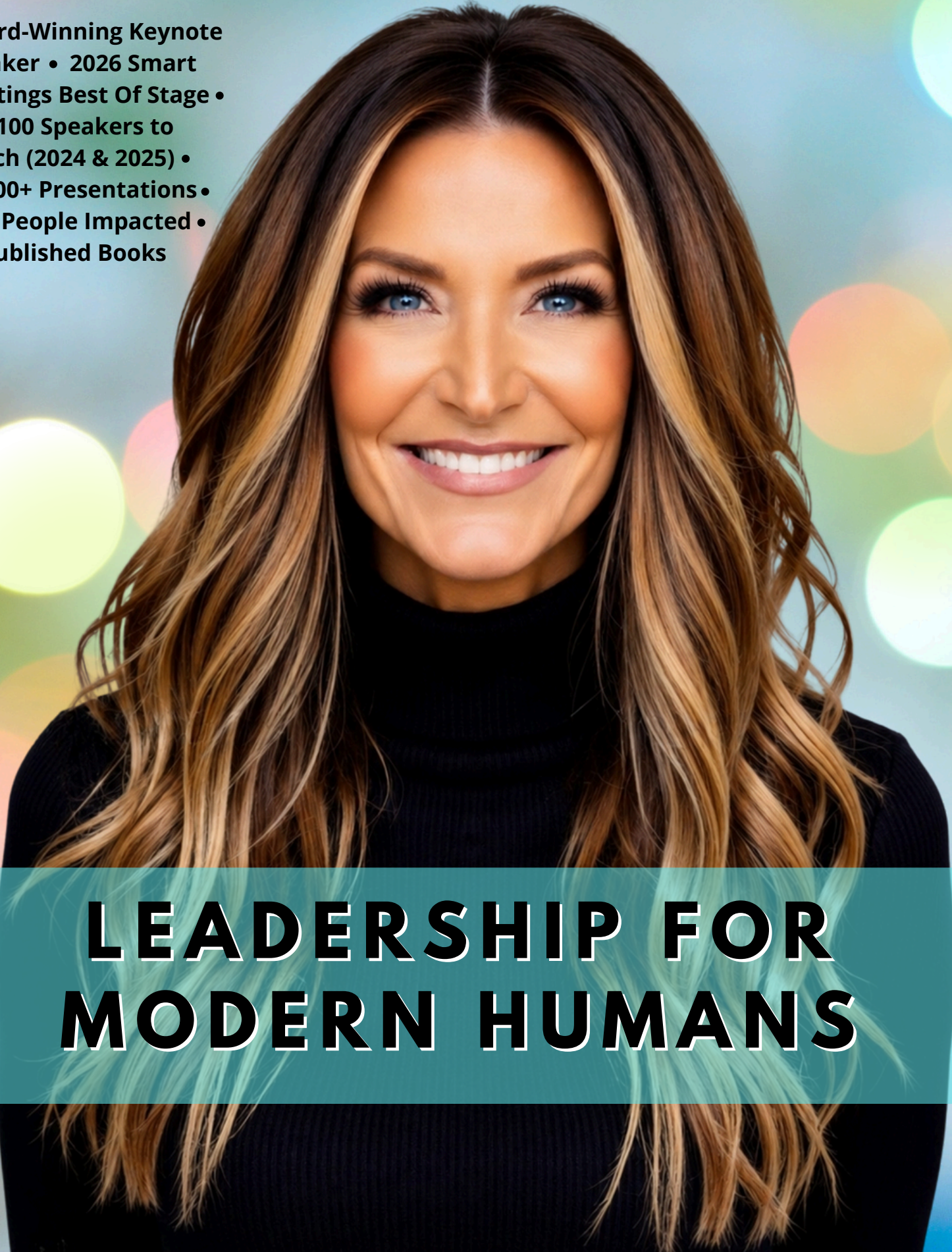


JEN BUCK

Award-Winning Keynote
Speaker • 2026 Smart
Meetings Best Of Stage •
Top 100 Speakers to
Watch (2024 & 2025) •
10,000+ Presentations •
1M+ People Impacted •
10 Published Books

A portrait of Jen Buck, a woman with long, wavy, light brown hair and blue eyes, smiling. She is wearing a black turtleneck sweater. The background is a soft-focus bokeh of colorful circles in shades of blue, green, and yellow.

**LEADERSHIP FOR
MODERN HUMANS**



Hey! I'm Jen Buck.

For the last 28 years, Jen Buck has been helping leaders, teams, and organizations create meaningful impact in the moments that matter most. An award-winning keynote speaker, C-Suite veteran, author, and former television and podcast host, Jen has delivered over 10,000 presentations and impacted more than one million people worldwide as a Keynote Speaker.

Throughout her career, Jen has worked with Fortune 100 companies, global brands, associations, and organizations across industries, helping leaders strengthen culture, elevate engagement, improve client experiences, and drive meaningful behavior change. Her client roster includes organizations such as Google, Coca-Cola, McDonald's, NASA, Mercedes-Benz, Molson Coors, and many others.

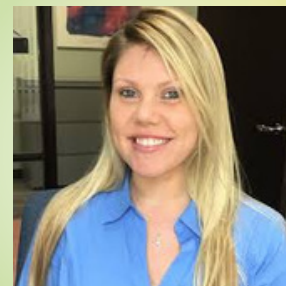
Before building her speaking career, Jen spent a decade helping launch and grow an award-winning global startup that became a billion-dollar brand. She later served in executive leadership roles including Chief Operating Officer, Chief of Staff, and Chief Communications Officer, giving her a unique perspective on the challenges facing today's leaders and organizations.

Recognized as **2026 Smart Meetings Best Of Stage** and one of the **Top 100 Speakers to Watch** in both 2024 and 2025, Jen is known for creating keynote experiences that go far beyond traditional presentations. Blending neuroscience, storytelling, music, movement, audience participation, and practical application, she transforms passive audiences into active participants and creates the kind of engagement, connection, and energy that modern audiences crave.

At the heart of Jen's work is a simple belief: *people have changed faster than leadership has*. As technology accelerates and attention becomes increasingly fragmented, Jen helps leaders create the one thing that remains irreplaceable: meaningful human connection. Through her signature message **Leadership for Modern Humans** Jen equips audiences with practical strategies to build trust, strengthen influence, foster belonging, and create lasting impact in an AI-powered world. Jen doesn't *just* deliver information. **She creates experiences people feel in their bones—and remember long after the event ends.**

Jen thoughtfully prepared an EXPERIENCE! We didn't just sit and listen—Jen moved us. We were on the edge of, and out of, our seats, engaging with each other in what can best be described as pure joy.

- Eileen Green | Vesta Corporation



WHY I MAKE A BIG IMPACT

"She was like brain science meets Beyoncé!"



- I blend neuroscience with high-energy delivery to create messages that stick and transform behavior.
- I craft multi-sensory experiences—music, dance, play, body percussion—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 Buck's ability to combine powerful leadership insights with high-energy, immersive delivery immediately set her apart the first time I experienced her work. What truly makes Jen remarkable is that her message doesn't stay in the room—it transforms you.

- Edgar Olivo | CEO, The Red Cross



TRADITIONAL KEYNOTES WERE BUILT FOR A DIFFERENT ERA.

Today's audiences are different, so speakers must be too.

Attention spans are shorter. Expectations are higher. People are overwhelmed, distracted, digitally saturated, and increasingly hungry for authentic human connection in an AI-powered world.

Yet many keynote experiences haven't evolved to meet them.

THESE ARE IMMERSIVE KEYNOTE EXPERIENCES DESIGNED FOR MODERN AUDIENCES WITH SHORT ATTENTION SPANS AND MASSIVE EXPECTATIONS.

Audiences don't just listen.

They participate.

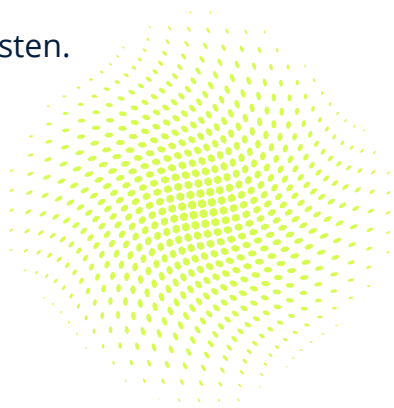
They move.

They laugh.

They sing.

They dance.

They connect.



IN A WORLD WHERE INFORMATION IS EVERYWHERE, IMPACT IS WHAT PEOPLE REMEMBER.

The result is more than inspiration.

It's engagement that lasts beyond the event.

It's connection that strengthens culture.

It's learning that sticks.

It's behavior change that drives impact.



WHY I UNDERSTAND WHAT YOUR EVENT NEEDS

With almost 40 years in Employee Development, I've been on every side of the room — building training programs, producing events, 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 completely prepared, aligned with your objectives, and fully 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 almost 40 years of insight, professionalism, and behind-the-scenes understanding that ensures your event stands out, your audience is energized, and the feedback forms glow for your corporate partners.

Very simply, my goal is to change the lives of your audience, make you look fantastic, and be ridiculously easy to work with.

Oh-- and have a heck of a lot of fun in the process.



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& 2025, C-Suite Veteran, Bestselling
Author of 10 Books



LEADERSHIP
MANAGEMENT
PEAK PERFORMANCE

- •
- •
- •
- •

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.



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.



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

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Global Keynote Speaker, Awarded 2026 Smart Meetings Best of Stage, Top 100 Speakers To Watch in 2024 & 2025, C-Suite Veteran, Bestselling Author of 10 Books



ENGAGEMENT
CULTURE
LEADERSHIP



THE IMPACT EFFECT

Creating Connection, Engagement, and Culture for Modern Humans.

Today's employees are navigating unprecedented levels of distraction, burnout, change, and disconnection. Yet many organizations are still relying on leadership approaches designed for a different era. The Impact Effect helps leaders understand how everyday moments of leadership shape trust, belonging, engagement, and culture—and why those moments matter more than ever.

In this high-energy, immersive keynote experience, Jen Buck blends neuroscience, storytelling, music, movement, and audience participation to demonstrate the science behind human connection and sustained engagement. Participants learn how to create environments where people feel valued, supported, and inspired to contribute at their highest level. Because in today's workplace, engagement isn't created by chance—it's created through intentional leadership impact.

BUILD A CULTURE PEOPLE WANT TO BE PART OF

Learn practical strategies for creating an environment where employees feel valued, connected, and motivated to contribute. Discover how intentional leadership behaviors strengthen trust, increase engagement, and create a culture where people want to stay, grow, and perform.



UNDERSTAND WHAT MODERN HUMANS NEED TO THRIVE

Explore how emotional contagion, psychological safety, belonging, and brain-based motivation influence behavior and performance. Learn how today's leaders can create meaningful connection in a workplace where attention is fragmented, expectations are rising, and human connection matters more than ever.



TURN EVERYDAY LEADERSHIP MOMENTS INTO LASTING IMPACT

Gain practical tools for translating intention into action and creating positive ripple effects through daily leadership behaviors. Learn how small moments of leadership influence culture, engagement, collaboration, and performance—and how to use those moments intentionally to amplify impact.

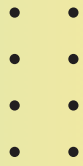


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WOMEN
EMPOWERMENT



WOMAN OF IMPACT Leading What's Next.

Women are leading through a profound shift in how people work, connect, communicate, and define leadership. Expectations are rising, change is constant, and the ability to make their value visible, influence how others think and act, and create impact has never been more essential. Women are not lacking talent, ambition, or readiness; the challenge is ensuring their value is seen, their voices carry influence, and their leadership presence is recognized, trusted, and remembered. Woman of Impact: Leading What's Next is a high-energy, immersive keynote experience that blends practical neuroscience, powerful strategy, humor, music, movement, and audience participation to examine the internal and external forces that shape confidence, visibility, and influence. Women discover how perception is formed, how trust is built, and how intentional communication can strengthen their ability to move people and ideas forward. They leave equipped with practical tools to communicate their value with greater confidence, elevate their presence without compromising who they are, strengthen their leadership identity, and create greater impact in every conversation, decision, and room they enter.

LEAD WITH CLARITY, CONFIDENCE, AND PRESENCE

Develop the mindset and performance habits that elevate how you show up in every high-stakes moment. Learn how to align your energy, intention, and communication so your presence builds credibility, commands attention, and reinforces your leadership before you say a word.



MASTER THE SCIENCE OF IMPACT

Understand how emotional contagion, cognitive bias, and brain-based influence shape how you are perceived and trusted. Learn how to use these principles to communicate with intention, strengthen influence, and create lasting impressions that elevate your leadership effectiveness.

EXPAND YOUR INFLUENCE AND AMPLIFY YOUR IMPACT

Gain practical strategies to increase visibility, strengthen trust, and create meaningful connections across teams and organizations. Learn how to turn everyday leadership moments into opportunities to expand influence, accelerate growth, and amplify your impact at every level.



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

Jen brings almost 40 years of experience

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



WHAT AUDIENCES & PLANNERS ARE SAYING

- **"She was like brain science meets Beyoncé! I did not expect this!"** - V. Duran, National Association of Hispanic Nurses
- **"Jen was AWESOME! She was absolutely phenomenal and a delight to observe. I thought I would simply be there to watch, but I couldn't help it—I had to engage!"**
-Z. Foster | Emory University
- **"Jen made this feel like a concert while we were learning. Loved it!"**
- Thomas | Smart Meetings
- **"Jen has a rare and extraordinary gift—she breathes life back into leaders. When you hear her speak, you feel it: that undeniable energy that makes the hair on your arms stand up and reminds you exactly why you do what you do."**
-S. Rivera | Yaamava' Resort & Casino
- **"Jen brings an unmatched energy to the stage. She makes audiences laugh, feel, and think deeply, ensuring they walk away not just with fresh ideas, but with actionable strategies."** - M. Wu, Vice President, Avery Dennison
- **"For 15 years, I've 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!"** - C. Devery, Event Manager, ABWA



It's ALL about the IMPACT.

TOPICS & DEMO REELS

TOPICS/AREAS OF EXPERTISE:

Leadership & Management
Employee Engagement
Corporate Culture
Peak Performance
Women's Empowerment

Speaker Demo Reel:

<https://youtu.be/SYojqdWcGFA?si=HrlrjDXJ-i6KDaEG>



Audience Engagement Demo Reel:

<https://youtu.be/SYojqdWcGFA?si=HrlrjDXJ-i6KDaEG>



Story Demo Reel:

<https://youtu.be/SYojqdWcGFA?si=HrlrjDXJ-i6KDaEG>



MEDIA INFO & LINKS

Social Media Links:

All @jenbuckpeaks



Seen & Heard On:



ALJAZEERA



PRI's



The World

azcentral.
PART OF THE USA TODAY NETWORK



azfamily.com



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:

With 10 published books to her name, Jen Buck has authored two books and contributed to eight collaborative titles. Five of those collaborative books became national and international bestsellers, including one award-winning book.



*Ready to make
an Impact?*



Partner With Jen Buck Today.

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