



COURTNEY SPENCER

Transformational Coaching | Speaking | Training



Courtney Spencer helps high achieving men and women create freedom and cultivate resilience in their work and lives. She regales audiences with stories and guidance that uncovers in them tangible relief (that alternatives exist to being chronically busy) and fierce hope that their anxiety can diminish. Her unique skill-set and delivery style, honed from years of advocating for children with disabilities in her special education law practice, allows audiences to see and experience that being a high achiever is possible without sacrificing everything in return for success.

KEYNOTE AND WORKSHOP TOPICS

Successfully Integrate Work and Life As a High Performer

It's no longer possible (if it ever was) to completely separate work from the rest of your life. Courtney shares the inspiring story of what she learned when the effects of crippling anxiety, fueled by years of nonstop busyness, resulted in a health scare that no one could diagnose - and required several weeks of downtime - during which she completely restructured the way she lived and worked. Looking back on that experience as a "life changing red flag," Courtney offers deep encouragement and insanely practical advice to move forward, whether your anxiety stems from financial stability, personal relationships, or professional success. When high achievers commit to cultivating resilience rather than "busyness," it becomes possible to sustain a state of happiness and fulfillment that allows success to feel deeply meaningful and satisfying.

Reduce Stress In the Workplace For Increased Productivity

In this highly interactive workshop, Courtney takes participants through her pragmatic, highly effective framework for managing stress and anxiety in the workplace. Blending schools of thought from productivity to psychology, Courtney guides participants to pinpoint what she calls "life changing red flags" that cause them to feel stressed - so they can not only manage stress and anxiety but start to uncover the root cause.

Participants leave with a "toolkit" they can implement immediately to handle daily stressors from a proactive rather than reactive perspective. This workshop can help companies:

- › Foster more engaged and productive employees
- › Reduce the number of employee sick days
- › Create and maintain a happier more positive culture
- › Show they genuinely care about their people



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Courtney Spencer has inspired professional audiences and attendees at TED-style events with her dynamic and empowering talks and trainings designed to raise awareness of the rapid increase in cases of anxiety and depression in children and adults. Courtney's talks are often cited as "most popular" by event planners because her calls to action are both inspiring and action based. Audiences who hear Courtney speak know they have the power to take control of their lives and prosper in a sustainable way.

Courtney has been a sought after speaker in the area of special education law for years. She earned her law degree from the University of Connecticut School of Law. She lives in Connecticut with her husband and daughter.

"Courtney's talk spoke wonders to me. As someone who is a creative, I constantly burn out and push my boundaries. After her talk, I realized how much pressure I put on myself to do more in my life and business that I burn out time after time. I felt so inspired by her talk that I started to look at my life and think of ways I could start taking those intentional steps to create a happier well-balanced lifestyle."

**Courtney Bentley, Behavioral Change Specialist
Sports Nutritionist and host of The Fit Fierce and Fabulous Podcast**

"As a high achieving professional who is often too hard on myself, Courtney's talk struck a chord with me—and I trusted her immediately. The stories she shared made me feel like she was inside my head and her examples were true to life and at times laced with edgy humor. Her years of professional experience combined with breathtaking awareness and relevant insights ensured that we walked away feeling great about ourselves and with doable action items from someone who walks her talk! Listening to Courtney changed my perspective on what is possible for me in terms of integrating work with life, being happy pursuing meaningful goals, and enjoying my life more in the process.

**Stefanie Frank
Copywriter | Copy Consultant | Speaker**

Form more information and booking visit CourtneySpencerCoaching.com