

SIGNATURE KEYNOTE TALKS

WATCH ME IN ACTION

UNLOCK YOUR I.M.P.A.C.T.

A high-energy, introspective keynote for leaders who need to balance their health and wellness with organizational demands

- Learn strategies to balance your overall wellness while scaling your impact, building influence, and navigating organizational challenges
- Learn the principles of Princess's actionable I.M.P.A.C.T. Framework to reduce your personal risk for chronic stress and decision fatigue
- Adapt the I.M.P.A.C.T. Framework to your organization to catalyze inclusion, engagement, and retention

BURNOUT-PROOF YOUR TEAM

An insightful, story-based keynote for leaders in high-stress/high-risk roles whose decisions have a significant impact on people and operations

- Identify and actively manage the personal and professional triggers causing stress in your workplace
- Learn practices that effectively improve your decision-making and support inclusion
- Practice highly effective physical relaxation techniques

UNSTUCK, UNBOTHERED, AND UNINTERRUPTED

A highly motivational and actionable keynote for visionary leaders who must get unstuck and build momentum

- Explore your fears, roadblocks, and setbacks
- Learn strategies to activate, prioritize, and communicate your vision and align with others
- Pivot your leadership style and delegate more effectively

Ideal Audience for All Programs:
Established and emerging leaders,
individual contributors, women in
business, and entrepreneurs

PRINCESS

Castleberry

GLOBAL SPEAKER | WELLNESS
AND RISK MANAGEMENT CONSULTANT

Princess Castleberry is a Global Speaker and Wellness and Risk Management Consultant who creates learning experiences for organizations that want to protect their people, purpose, and profits by making wellness actionable.

She has consulted enterprises across dozens of industries, solving complex people and operations challenges with over two decades of global risk management, HR, wellness, and facilitation expertise.

She commands audiences with a bold presence that lives up to her name, a thoughtful balance of humor, and actionable frameworks that position leaders from the C-Suite to the front line to take action.

Princess has been featured at [TEDxDetroit](#) and in Fast Company, Silicon Republic, Benefits Pro, Supply and Demand Chain Executive Magazines, and other publications.

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