

NEHA O'ROURKE

FOUNDER. SPEAKER.
AWARD-WINNING COACH.

"She made a significant impact on the lives of the women in attendance, and her insights on reframing your life were poignant and thoughtful"
- Expedia

"She has great energy/presence, and it resonated through the evening!"
- Athleta

"I received a lot of great feedback about Neha, our guests loved her presentation and her friendly personality"
- &Rise

IT'S TIME TO MAKE **REAL** IMPACT.

THE REAL IMPACT

Companies that invest in employee wellbeing and development see a 21% increase in profitability and a 17% increase in productivity.
(Gallup, 2021)

MEET YOUR IMPACT MAKER

Neha O'Rourke is a dynamic Keynote Speaker, Workshop Facilitator and Award-Winning Career & Energy Coach, on a mission to help individuals realign with their true potential and what *really* matters, driving personal and professional transformation.

Neha's speaking expertise has been embraced by brands and organizations such as Expedia, Athleta, General Assembly, SHRM and more.

KEYNOTE & WORKSHOP TOPICS

- Wellbeing & Stress Management
- Career Growth & Success Redefined
- Mindset & Personal Development
- Leadership, Intuition & Trust
- Culture & Connection

WHY NEHA?

In a world where everyone is wearing their professional "mask", Neha brings a refreshing real-talk human-first approach.

Her unique blend of customized talks, unfiltered personal storytelling, balance between inspiration and providing tools, ICF-certified coaching expertise and quirky humor leaves her audiences feeling truly seen, supported and empowered to make impactful enhancements to their career and life.



AS SEEN IN:

The Lily

PUBLISHED BY

The Washington Post

CHICAGO'S VERY OWN

WGN9

FOX 32

CHICAGO

 **apartment
therapy**

...and many more

AVAILABLE FOR:

- Keynotes
- Workshops
- Corporate Trainings
- Panels
- Virtual & Hybrid Events

KEYNOTE & WORKSHOP EXAMPLES

Unlike many in the industry, Neha does not deliver the same talk twice. She believes that when conversations are tailored to meet those in the audience, the information and impact resonates that much more. Personalization is central to all that she does - because no two people or organizations are the same. When you work with Neha, your audience will feel you've delivered programming that truly "gets" them.

Below are a few examples of Keynotes & Workshops Neha has delivered:

Nurturing Yourself While Leading: Self-Care for Leaders

Leading is a labor of love, but it can also be deeply exhausting. Leaders often carry the weight of their work challenges, all while navigating their own responsibilities and emotions. In this session, we'll create a compassionate space to explore the unique pressures they face and offer gentle guidance on prioritizing their own well-being. Through mindfulness, coaching tips and shared experiences, they'll learn practical ways to care for themselves, so they can continue to lead with empathy and resilience.

Success, Reset: How to redefine and realign to your true definition of success and enjoy the journey "in between"

As a powerful antidote to the burnout epidemic in our country, this keynote gives your audience the actionable tools to reset on what "success" truly means and provides an approach that empowers the journey to their goals to be more energizing and conducive to their well-being.

Be You: How to start living a more authentic, energizing and fulfilling life

This thought-provoking keynote is the dose of inspiring and grounding perspective that many of us miss in the busy-ness of our everyday lives. With a mix of storytelling, perspective and actionable steps, this keynote will empower your audience to be themselves and start living a more authentic, energizing and fulfilling life!