

“LET'S MAKE SELF-CARE WORK FOR YOU AND YOUR CAREER WITHOUT ADDING TO THE OVERWHELM.”

Hi! I'm **Irene Anggreeni.**

I help whole person leaders refill their cups and achieve success

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SPEAKING TOPICS

No-Nonsense Self-Care for Busy Professionals

- Recognising what drains <> refills your cup
- Strategies to manage your energy & stress level
- Why self-care is a must-have leadership skill

How to Uplift Emotions using Self-Compassion

- How emotions, positive and negative, serve us
- The 3 key practices of self-compassion
- Guilt-free self-compassion to uplift our emotions

Leading through Uncertainty in Organisational Change

- Leading by example: safety, trust and vulnerability
- Redefining mental health in a holistic way
- Co-creating mental health & wellbeing as a team

Embodying Creative Leadership

- Why get out of the head and into the body
- Experiencing and integrating body/mind insights
- Building trust and innovative mindset through play

Each topic can be crafted to suit your unique event, audience and space. Got something else in mind? Let's discuss your idea over a complimentary call.

“Irene, you are the real deal. You've been through the struggle and created a path for others to walk through the experience with support.” — Julie P., Founder & Exec. Director

“Irene is a formidable expert with rare skill. She more than delivered a powerful closing at my conference, inviting us all to embody the days wisdom through dance therapy.” — Helen Argyrou, High Performance Coach



BIO

As an experienced Coach, Facilitator and Speaker, Irene is passionate about helping leaders on their entrepreneurial journeys to develop their self-care practice and compassionate leadership toolkit, so that they can achieve success while having a life.

Irene is a former engineer with a PhD in Industrial Design, certified Master in Dance Movement Therapy, and a mental health advocate.

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OFFERINGS

Lunch & Learn workshop

Keynote address

Half-day seminar

Full-day seminar

Your event is unique, and I tailor my sessions to your specific requirements. Whether you need a workshop, keynote or seminar, virtual or in-person, with icebreaker or movement energiser, I'm happy to think along and help you create the best engagement and experience for your attendees.