



# Jill O. Boyle

High Performance Coach & Motivational Speaker

Jill is a highly-energetic speaker that builds connection and engagement with her audience by her contagious personality, humble nature, and passion for helping people RISE UP to their full potential. She specializes in individual and group coaching, and uses her own life experiences to provide solutions to help ditch the burnout mentality and live a life that is full of passion, purpose, and peace.

*I love your passion, honesty, and sincerity, and all you are doing to make a difference.*

*-Michelle Corrao, Author & Speaker*

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## SPEAKING TOPICS

- ✓ Goodbye Burnout, Hello Life
- ✓ Fire Your Inner Critic
- ✓ Authentically You - Your Best Gift

## BOOK ME AS YOUR SPEAKER

Contact me with questions.

 [jill@jilloboyle.com](mailto:jill@jilloboyle.com)

 [jilloboyle.com](http://jilloboyle.com)

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*Jill is a fantastic and engaging speaker and coach. I would highly recommend her to any organization!*  
*Nadine McGowan, Founder - Purposeful Living*

## KEYNOTE SESSIONS

### **Goodbye Burnout, Hello Life**

*Get off the hamster-wheel of busy work and step into a life of purpose, passion, and peace*

Have you ever found yourself in a state where you feel completely burned out, have a lack of focus, and feel completely disconnected from the world? Many of us have had a time in our life where we feel this pain and pressure to be in control, taking on one stress after another until we reach a breaking point. This cycle of burnout has a huge effect on our mind and body and can lead to an unhealthy lifestyle if we don't put a hard stop to it. What if we could effectively learn how to deal with the stress and demands that life throws at us. What if we could banish burnout and start living a life that brings us meaning, purpose, passion and peace. Learn 3 ways to live your best life.

### ***Learning Objectives:***

- Identify the barriers that keep many individuals and teams in a state of burnout
- How to graciously say no and set healthy boundaries
- Three practical tips to work less, get more done, and find freedom from the hustle mentality

### **Fire Your Inner Critic**

*Banish the fires in your mind and start taking control of your life*

I'm not worthy, I'm not enough, I just got lucky. Ever heard these words before? It's that soft whisper that continually focuses on our past mistakes, failures, and weaknesses. A master storyteller who influences our thoughts, emotions, and behaviors in a less than desirable way! It's time to learn how to overcome that negative voice, so you can let go of the self-doubt and start taking control of your life.

### ***Learning Objectives:***

- Uncover where your inner critic comes from
- Learn 3 barriers where it shows up the most
- Learn 3 practical steps to reprogram how your inner critic can serve you vs hold you back

# KEYNOTE SESSIONS

## **Authentically You – Your Best Gift**

*How to stand out in a busy world*

What if I handed you the microphone and gave you an opportunity to share your thoughts, ideas, and words with the world? Would you take advantage of the opportunity, or would you mute your voice? Many of us, would scan the room first, see who was in the audience and then decide if we wanted to show up and speak our truth or not. We hold back and dim our light to fit in to certain situations, groups, or occasions. Unfortunately, when we don't show up as our authentic self, we are not only hurting the people around us, but we're hurting ourselves even more. We find ourselves living a life that is unfulfilled and usually on the verge of burnout. We spend our lives going through the motions instead of feeling energized and full of passion and purpose. What if we could stop muting ourselves and start speaking our truth?

### ***Learning Objectives:***

- The barriers that hold us from being our true self
- Learn your superpower gift and how to use it for success and growth
- Learn practical habits to overcome self doubt and build confidence

*Jill was our lead off speaker for the second day of the VIP Week Women's conference and she knocked it out of the park! She is a dynamic and energetic speaker who is **THE REAL DEAL!** The audience was hanging on her every word. Jill's authenticity, power and command of the room is phenomenal. We will be inviting her back again!*

Angie Nuttle, VIP Center for Business Women





# Jill O. Boyle

High Performance Coach,  
Speaker & Podcast Host

Jill is a High Performance Coach specializing in Communication, Productivity & Purpose. She helps high achieving professionals who are burned out and working 70+ hours a week, create a work-life balance that allows them to be more efficient, work less and get more done, so that they can enjoy life, have fun, and spend more time with the ones they love.

## SPECIALIZES IN HIGH ACHIEVING CORPORATE PROFESSIONALS

### *WHO STRUGGLE WITH:*

- ✓ Lack of Focus & Busy Work
- ✓ Work 70+ Hours a Week
- ✓ Disconnected from Spouse, Kids, Self & God
- ✓ Constantly Interrupted by People In Their Office
- ✓ People Pleasers "Can't Say No"
- ✓ Secretly want to quit, but don't know what else they would do



@JEOBOYLE



JILLOBOYLE.COM



YOUR LIFE YOUR STORY



RISE UP

JILL@JILLOBOYLE.COM