



aka Jazzy B

Jasmine Benson

Author | Speaker | Disruptor



ditch dogma

UNLEASH HUMAN PERFORMANCE

Bio

Jasmine Benson is a magnetic force, known for transforming events into launching pads for lasting change. She's been dubbed a trailblazing event "closer", a Certified Neuroplastician who ignites action and specializes in translating event learnings into tangible actions and results.

With expertise in the Future of Work, Jasmine blends "workplace" with human performance science, inspiring transformative action. Attendees not only leave inspired but equipped with practical tools for immediate application.

Through her fusion of psychology, physiology, and neuroscience, Jasmine empowers leaders globally to modernize their approach, fostering agility, creating performance, and enabling real lasting change.



My Philosophy:

"Ditch Dogma, Unleash Human Performance."

Shaping the Future of Work:
Neuroscience-Powered Strategies
for Making Workplaces Better.

Business Agility
Facilities
Making Change Stick
Modern Leadership
Culture
Future of Work
Remote & Hybrid

Booking...



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Real. Human. Provocative...

Her superpower is creating clarity and paths forward for immediate action in tiny steps, not just conveying interesting ideas."

- David Gray, SVP, Colliers

