



AUDIENCES ARE INSPIRED TO:

- Establish a holistic vision for their lives
- Create focus and alignment on their professional and personal goals
- Stop living life on autopilot
- Utilize tools and a proven framework to advocate for themselves
- Connect, network, build and develop authentic relationships



KEYNOTES AND WORKSHOPS

Seize Your Life

Live a vision-driven life! Personal success only comes when we start to bet on ourselves. In this inspirational keynote address, Jasmine guides audiences on the journey to carpe diem. Jasmine identifies how to unlock the barriers that keep us from living the life we are intended to have while establishing a personalized vision to take life to the next level.



The Power of The Ask

Tired of seeing others advance while you stay in the same rut? Most likely, those people made an ask. Achieving your vision and a life you have imagined often requires asking for what you want. In her Power of The Ask keynote speech or workshop, Jasmine addresses the apprehension and anxiety making the ask often invokes and inspires audiences to raise their voice and ask for what they want out of life.



Making Authentic Connections

In a world of increased isolation, how do we make authentic connections and network with one another? Offered as a keynote speech or hands-on workshop, Jasmine shares best practices for breaking down barriers, expanding our various networks and deepening personal and professional relationships.



Vision Board Experience

Set your intention to Seize Your Life! In the Vision Board Experience Workshop, Jasmine leads participants through a self-reflection process that cultivates a creative vision board for the next step of your life journey.

Roadmap for Seizing Your Life

Pondering your next steps in your life journey? Whether you're starting a new chapter, pivoting, reinventing yourself for a second act, or taking your life to the next level, you need a plan to achieve your vision! In this hands-on reflection workshop, Jasmine offers a deep dive for individuals to chart their route to carpe diem and stay on the path to success. Paired with the Seize Your Life keynote address or as a stand-alone experience, the Roadmap for Seizing Your Life Workshop is customizable for individuals or groups of any size.

"Jasmine was engaging and her presentation was full of golden nuggets of information that left our audience feeling energized and empowered. She was incredibly easy to work with and took the time to cater her presentation to our audience. She received rave reviews from our attendees and we look forward to having her back to speak again."

- Hope Bertram, Digital Marketing Director

SCHEDULE JASMINE FOR YOUR NEXT EVENT

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JASMINE BRETT STRINGER

Jasmine Brett Stringer is a keynote speaker, award-winning author of *Seize Your Life: How to Carpe Diem Every Day*, on-air TV personality, and host of the podcast and lifestyle blog *Carpe Diem with Jasmine*. Jasmine is on a mission to help people live empowered and authentic lives. Through her *Seize Your Life* keynotes, workshops and customized coaching sessions, Jasmine guides clients and audiences through a simple process to identify their goals and achieve their personal definition of success.

As a nationally recognized and sought-after lifestyle expert, she has been featured on a variety of media outlets, such as OWN TV, Yahoo, MSN, The Huffington Post and is a weekly lifestyle contributor to local CBS television station WCCO-TV. Jasmine graduated from American University's Kogod School of Business. She lives in Minneapolis, but can often be found at the airport or on the family farm in rural Minnesota with her husband.

PARTIAL CLIENT LIST:



"Jasmine is wonderfully inspirational! Jasmine's session was interactive, showing her passion for life and sharing personal stories. The most important aspect of this session was how all of the participants could make the most of each day and their lives. In one hour, I was left with a renewed drive (both professionally and personally) and to stay connected with Jasmine. I would highly recommend her as a motivational speaker!"

- Tricia Goede, Program Manager, Eaton

"As a leader, I want to invest and expose my organization to speakers with capabilities to bring out the best in people. Her style was engaging and clear, her depth of preparation and professionalism was best in class and the investment we made was worth it. She is a dynamic and thoughtful speaker. Any business or organization would be benefited by her and her authentic, energetic, thought leadership."

- Melanie Jones, Region Vice-President,
Mondelez International

Get excited about Carpe Diem by watching Jasmine's speaker video here.

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