

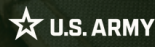


Vanessa McNeal

Speaker & Transformational Work & Life Coach.

Vanessa delivers talks that don't just inspire—they rewire how professionals think, perform, and lead. Vanessa empowers individuals and organizations to transform their relationship with stress, burn out, build nervous system resilience, and strengthen emotional intelligence for long-term success. She is a certified life and leadership coach, a faculty member at the MindBodyGreen Institute, and holds a Master's in Social Work with a specialization in Trauma-Informed Care. Vanessa is a sought-after speaker and transformational coach who brings warmth, clarity, and depth to every stage she steps on. Her nationally recognized talks empower audiences to shift from burnout and survival mode into aligned, sustainable thriving—both personally and professionally

MOVING AUDIENCES AND CHANGING LIVES AROUND THE GLOBE INCLUDING:



Here's the truth: you don't need to push harder. You need to feel safer. Real transformation happens when you stop fighting your inner world—and start understanding it. Vanessa will help you do just that.

available for

- Keynote Speaking Opportunities
- Panel Guest Opportunities
- In-person and Virtual Experiences
- Podcast Interviews
- Conferences, Retreats & Workshops
- Team Coaching & Trainings
- 1-1 Personal Development Coaching
- Tailored Solution upon requests

trainings & expertise



growth + impact stories

I really enjoyed Vanessa's talk. One of the things that sets her apart is the level of engagement she creates. She digs deep to pull out your potential. After attending her talk I have true clarity on my next moves to get unstuck. I am now on a path that will be life changing.

Christina Moffatt
Consultant and Growth Strategist

Vanessa was the opening keynote for our event. She gave us a unique new way to look at workplace conflicts and engagement and provided the audience with hands-on practical tools they could use to boost employee retention within their organizations. She was engaging and extremely easy to work with as an event planner.

Corey Martin
Sr. Vice President, Iowa Hospital Association

Vanessa brought so much energy and insight to the group. What I loved was that it was a combination of stories and strategies. You could see the light bulbs going off. People walked out of here changed and on fire. If you're thinking about hiring Vanessa at your event, do it. You will be so glad you did.

Mitch Mathews
CEO of Mathews Training International

Edifying and beautiful. A session that you would have to be here for yourself to experience the shifting in the atmosphere in a positive direction.

Teri Ratchiff PHD
Walden University



speaking topics

She speaks on stress, burnout, nervous system regulation, and how our inner world shapes performance, relationships, and results. Vanessa's talks uncover the wisdom in stress, reveal burnout as a nervous system issue, and teaches how to build magnetic workplace cultures.



Success Without Survival Mode
Rewire Burnout



Rewiring Workplace Relationships

Brain Base Approach to Leading "Difficult People"



The Readiness Myth
Connect To Your Power



Becoming that Organization:

Workplace Wellbeing Solutions



scan to see Vanessa in action

interested in working 1-on-1

Contact Vanessa to explore individual coaching opportunities and tailored solutions to go deeper as Vanessa walks alongside your transformation journey.

get in touch

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stay connected

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- [@thevanessamcneal](https://www.facebook.com/thevanessamcneal)