



THE BALANCED LEADER™

*Stacey Olson*

## Create more *balance* and less burnout in how you work, lead, and live.

Keynotes, workshops, and presentations to help busy leaders and teams slow down the pace and *focus* on what really matters, navigate *everyday* stressors with resilience, and *enjoy* a healthier work-life balance, while still performing at a high level.

**Stacey Olson, CPPC | Keynote Speaker, Leadership Coach & Author**

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### **Do you want a healthier work-life balance and pace, to better navigate your workload and daily stressors, and prioritize mental health and well-being?**

Stacey offers three keynotes and workshops that can be delivered in-person or virtually. While sharing similar messages of balance and burnout, each brings a distinct focus and is tailored to the audience. She brings an engaging and relatable style that inspires people to walk away and truly do something different.

### **Balance Over Burnout** WELL-BEING FOCUS

There is a kind of stress and tiredness you can't fix with just rest. The kind that comes from always trying to keep up, from doing too much of what does not really matter, and from giving so much of yourself even when you have little left to give.

Over time, this leads to burnout, which is not a personal failure but a predictable outcome when the way we work and live is not sustainable. Work stress and overworking are significantly impacting employee well-being and mental health, along with organizational engagement and performance.

Balance is not just about working less or doing less; it is about protecting your capacity to be healthy, present, and focused on what truly matters both at work and personally. Burnout drains your capacity and steals your peace, presence, and focus.

We'll explore how to better protect your capacity, honor boundaries and say no, take care of your stress, and more—so you can navigate everyday stressors with more resilience, reduce stress and burnout, and shift to a healthier, sustainable way of working and living.

When you choose balance over burnout each day, you'll feel better, perform better, and enjoy everyday life so much more.



*"Stacey knows how to reach you, has been there and can speak to anyone and everyone, she is energetic and attention grabbing, you want to go away and practice what she has talked about."*

*"The conference feedback has been great and your presentation received very high ratings (and I'm just starting into your book and loving it)."*

## The Balanced Leader™ LEADERSHIP FOCUS

Leadership isn't about your title or what you do — it's about how you think, decide, and show up each day.

The goal? To “shift your starting point” from operating as a busy or burned-out leader to being a Balanced Leader who makes intentional choices each day to create more balance, stress less, and perform even better. This is for leaders at all levels who want to take more ownership over their time and days.

We'll explore how to shift your mindset and feel more in control of your days, align your actions with your values, set stronger boundaries, get clear on your priorities, say 'no' so you can say 'yes' to what matters more, lighten the mental load, make yourself a priority while being there for others, and more. You'll see how slowing the pace and doing less but more of what really matters is essential for well-being, relationships, and sustainable performance.

Sometimes the real balance we need isn't just in our calendars—it's also in our minds. This will help leaders create a healthier work-life balance, better navigate daily demands and workload, and reduce stress and overwhelm, while also leading by example and setting the tone for a different way of working and living.

This can be delivered as a two-hour to one-day workshop or keynote.

*“Stacey has a remarkable ability to customize her workshops to address the specific challenges your team is facing. The way she communicates makes everything just 'click'—her insights are incredibly relatable and impactful. Having walked in our shoes, she brings a refreshing authenticity that truly resonates.”*

## Your Balanced and Bold Life WORK-LIFE BALANCE FOCUS

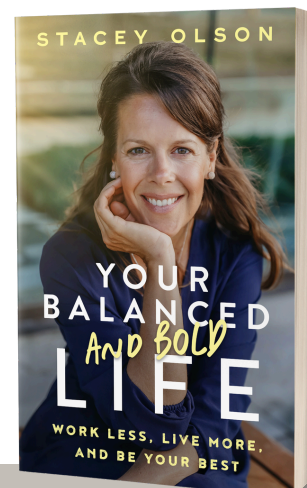
Do you feel overwhelmed and spread thin most days? Do you want to be more present with your family AND excel in your work? Do you worry that you're missing out on life being so busy?

In this inspiring and relatable keynote, based on her book of the same title, Stacey redefines what balance really means and shows how you can work less, live more, and be your best at both work and at home. Even with all the demands and messiness of everyday life.

You'll discover how to create more balance in life—not just between your work and personal time, but also within yourself—and step out of the constant busyness and overwhelming hectic pace. Stacey shares personal stories, messy lessons, and simple tools, exploring how to take back control of your days and focus on what really matters, calm your busy mind and enjoy your days more, and be your best for yourself and others.

You'll leave with a refreshing perspective on how to create a healthier work-life balance while still performing at a high level, feel less overwhelmed and stressed, and have more time and presence for what truly matters to you.

To deepen the impact, this can be paired with a workshop or breakout session.



*Your Balanced and Bold Life: Work Less, Live More, and Be Your Best* is a valuable supporting resource for any session. **Visit [www.staceyolson.ca](http://www.staceyolson.ca) or email [info@staceyolson.ca](mailto:info@staceyolson.ca) to book Stacey.**