



JOY STRATEGIST | AUTHOR | KEYNOTE SPEAKER

Empowering audiences to ditch burnout and live and lead with joy, authenticity, and purpose.

IDEAL AUDIENCES

- Corporate Women's Initiatives
- Leadership Retreats & Team Meetings
- HR & Employee Well-Being Events
- Women's Conferences
- Wellness Summits
- Professional Development Conferences

FEATURED TALK

Confessions of a Former Perfectionist: *The Mindset Shift That Set Me Free*

In this honest, humorous, and heartfelt talk, Wendy pulls back the curtain on her journey from burnout to joy. As a recovering people-pleaser and overachiever, Wendy shares what it took to stop checking all the boxes and start creating a life that not only looked good on the outside, but also felt good on the inside too! Wendy also shares her "secret formula" to help others create the same powerful changes in their own lives.

AUDIENCE TAKEAWAYS

- ✓ Recognize the hidden costs of hustle and perfectionism and why you no longer have to live that way
- ✓ Learn little-known tiny, but powerful, mindset hacks you can start using right away to instantly increase the joy in your everyday life.
- ✓ Reclaim your excitement and start dreaming big again and pursuing what lights you up.

ADDITIONAL TALKS AND WORKSHOPS

The Joy Rebellion: Breaking the Rules That Keep You Burned Out, Busy & Stuck

This empowering talk invites high-achieving women to ditch hustle culture and start a personal rebellion against pressure, perfectionism, and people-pleasing. Wendy shares how to reclaim joy—not someday, but now.

Joy is the New Power Move: Why Reclaiming Joy Is Your Secret Weapon in Leadership and Life

In this inspiring and transformative session, Wendy explores how choosing joy is not a luxury—it's a leadership strategy, a revolutionary act, and a personal game-changer.



"Wendy's sense of humor keeps you laughing, but she will also make you think."
- Jan S



"Wendy is real, raw and relatable. Plus, she made me laugh!"
-Amanda M.

"I appreciate Wendy's knowledge, but her energy and commitment make it magical." - Nicki S.



ABOUT WENDY

Wendy Elover is a joy strategist, keynote speaker, workshop leader and best-selling author of "My Cape is at the Cleaners: Choosing Happy Over Perfect". With contagious energy and heartfelt humor, she helps listeners ditch burnout and put themselves back on their own priority list.

Blending science-backed strategies with soul, Wendy empowers audiences to make small, intentional shifts that spark lasting transformation, both personally and professionally. Her work is grounded in gratitude, community, and the radical belief that joy isn't something you earn. It's something you choose every day.

BOOK WENDY TO SPEAK

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