



An internationally recognized coach and consultant, speaker, and author, **Renée Trudeau** is founder and president of Renée Trudeau & Associates and its sister company, the award-winning consulting and coaching firm Career Strategists. Since 2000, Career Strategists has helped professionals and entrepreneurs create passion-filled careers and come into greater work/life alignment through integrating who they are with what they do.

She is the author of several bestselling books on life balance, including the award-winning *The Mother's Guide to Self-Renewal: How to Reclaim, Rejuvenate and Re-balance Your Life* and is co-author of numerous other life balance titles.

A sought after life balance expert, Trudeau speaks and leads work-life effectiveness workshops and retreats for Fortune 500 companies such as Kaiser Permanente, Ernst & Young, 3M, Seton Healthcare Family and Dell Computer Corporation as well as government agencies, associations and national conferences. She is on faculty at Kripalu Center for Yoga & Health, Omega Institute and Esalen Institute - three of the most prestigious wellness centers in North America. Her unique approach to work-life effectiveness and stress management has been featured in numerous media, including *The New York Times*, *US News & World Report*, *Good Housekeeping*.

Her coaching, leadership, training and development background includes more than 20 years of coaching-specific training with The International Coaches Federation and more than 25 years of training and development with organizations such as The American Society for Training and Development, Leadership America, The Center for Creative Leadership, and Conversation Among Masters (a global invitation-only n...

## Renee Peterson Trudeau

### Speech Topics

- Personal Growth
- Management
- Life Balance
- Leadership
- Health & Wellness