

[janinecharron.com](http://janinecharron.com)



# JANINE CHARRON

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PROFESSIONAL SPEAKER  
LEADERSHIP DEVELOPMENT EXPERT  
FORMER ELITE ATHLETE

Media Kit 2026

# ABOUT Janine

Janine Charron is not your typical motivational speaker. She's a high-performance leadership development coach with a powerful lived story. A TEDx presenter, NCAA Division I athlete, and cancer survivor, Janine brings raw honesty and strategic tools to **help people keep showing up when it matters most.**

Her **T.I.G.E.R. Method™** helps high achievers move through transitions, burnout, and adversity without losing themselves. Janine gives audiences the courage and clarity to lead with resilience, vulnerability, and self-leadership.

AS SEEN ON:

ROGERS



TEDx QueensU

Sports Illustrated

The Hockey News



## FEATURED BOOK

*“For every soul who’s ever whispered, I can’t do this anymore – and then did it anyway”*



In **JUST KEEP SHOWING UP**, Janine Charron unlocks the power of self-awareness, resilience, and courageous action. Through raw personal stories, transformational insights, and actionable steps, this book is your invitation to learn yourself, love yourself, and lead yourself to your fullest potential.

**COMING SOON!**



# SIGNATURE talks

## **Life's Currency Is Showing Up**

The Inner Work That Fuels Outer Impact

## **Built, Not Born**

Because The Strongest Structure You'll  
Ever Build Is YOU

## **The Vulnerable Leader**

How Showing Up with Emotional  
Intelligence Builds Trust, Resilience,  
and Impact



## **SIGNATURE TALK**

### **“Life's Currency Is Showing Up”**

A high-energy keynote that sparks self-leadership, trust, and aligned action. Blending neuroscience, storytelling, and lived experience, Janine Charron inspires a shift from chasing outcomes to embodying discipline and identity-driven consistency.

*Every keynote can  
be personalized to  
fit your event!*



# Testimonials



**Tricia Brouk**

*Director, Author, Producer & Founder of The Big Talk Academy*

"When Janine takes the stages, it's part powerhouse and part vulnerability lighthouse. She is an articulate and inspirational speaker who is also a joy to collaborate with."



**Craig Hutton**

*Associate Assistant Deputy Minister, Policy - Transport Canada*


"With an unwavering spirit and a wealth of wisdom, she has a rare ability to turn life's challenges into powerful lessons of strength and purpose."



LET'S TALK ABOUT BRINGING  
THE T.I.G.E.R. METHOD™ TO  
YOUR NEXT EVENT

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