

janinecharron.com



J A N I N E C H A R R O N

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 :



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!



JG JOSH GIBNEY photography

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."



PROFESSIONAL SPEAKER
KEEP SHOWING UP

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

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