



JES BRANDT

Speaker & Resilience Strategist

Keynotes and Workshops:

Grit Is Overrated: The Real Science of Choosing Hard Things on Purpose

Jes Brandt helps high performers stop white-knuckling through burnout and reinvention, teaching them to choose their hard things on purpose and work with their biology, not against it. 20 years in change management.

Certified in life, health, and menopause coaching. Specialty: midlife reinvention for high-performing women.

After people hear her speak they'll trade grit for a kind of resilience that's built through what you choose, not what you survive, because her talk teaches the real biology behind capacity and mastery.

- 20+ Years, Organizational & Community Change Management
- Certified Health & Life Coach
- Certified Menopause Coaching Specialist
- Founder: Courageous Vitality, LLC
- Co-Founder: Brandt Wellness, LLC

SIGNATURE TOPICS

- ▶ Leadership Capacity & the Biology of Sustainable Performance
- ▶ Burnout Recovery & Sustainable Leadership Performance
- ▶ Perimenopause, Menopause & Midlife Reinvention for High-Performing Women

WORKING WITH JES

- Pre-event discovery call to align on audience & goals
- Customized opening and close to match your event theme
- Free resource for attendees:
THE GRIT RECEIPT: Worksheet

AUDIENCES

- ▶ Corporate & Executive Development Programs
- ▶ Leadership Summits & Offsites
- ▶ Health & Wellness Conferences
- ▶ Employee Resource Groups (Women's, Wellness, Belonging)
- ▶ Women's Conferences & Leadership Summits

CONTACT INFO

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