



Rémi Gibbs

Helping women build resilience, avoid burnout, and lead with joy and purpose.

Author, Speaker & Certified Life Coach

Having escaped a chaotic childhood and lived through multiple reinventions herself, Remi brings authenticity, warmth, and a touch of humor to every stage she steps on. Her mission is to help women thrive—not just survive—in work and life.

Remi Gibbs is the author of *Renovate Your Reality*, a certified life coach, and a positive psychology practitioner. With more than 20 years of experience in hospitality and meetings/events, Remi knows what it takes to inspire, engage, and move audiences from insight to action. She holds a Master of Arts in Organizational Management, blending academic expertise with real-world leadership.

Available on Amazon



SIGNATURE TOPICS

- Renovate Your Reality
- From Burnout to Breakthrough
- Midlife Unraveling
- The Happiness Habit
- Self-Compassion at Work

See website for more details

WHAT PEOPLE ARE SAYING

"I left thinking it's okay to want something different. Remi provided me with the guidance and tools to put it all into perspective."

— Laura, Event Participant

"Remi's training on resiliency was so powerful for us. Her training helped each leader focus on their area of need, giving them tangible strategies in order to shift perspective and start anew!"

— Nancy Hudson, Exec Director—CHINS



AUDIENCE TAKEAWAYS

Your audience will walk away with:

- Strategies to build resilience in the face of change.
- Tools to recognize and prevent burnout before it derails performance.
- Practical ways to practice joy daily and amplify well-being.
- A reframed view of self-care as a core leadership competency.
- A roadmap to connect with personal and professional purpose.

BOOKING INFORMATION

- **Formats:** Keynotes/Breakout Sessions (30–60 min), Interactive Workshops (4 to 8 hours), Panel Discussions, Fireside Chats
- **Audiences:** Female dominated industries



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