

Remi Gibbs

Speaker, Author, Reinvention Coach

Remi Gibbs is a resilience and life-reinvention expert who brings both lived experience and science-backed insight to the stage.

The only child of two divorced alcoholic parents, Remi learned early how to navigate instability, regulate emotions, and build inner strength. Those lessons became the foundation for her work helping others move through change with clarity and self-trust.

After an unexpected corporate layoff, Remi reinvented her career—building a successful business in event management. In the years that followed, she navigated divorce, the loss of both parents just twelve days apart, a home flood, and multiple cross-country moves. Each transition required her to rebuild her identity, community, and sense of purpose.

Through these experiences, Remi discovered a defining truth: resilience and happiness aren't destinations—they are skills developed through intentional practice.

Today, Remi is a certified life coach, certified positive psychology practitioner, and author of *Renovate Your Reality*. She holds a Master of Arts in Organizational Management and works with women and organizations to turn adversity into growth, burnout into balance, and change into opportunity.

Known for her warmth, authenticity, and relatable humor, Remi's talks blend science, story, and practical tools—leaving audiences grounded, inspired, and ready to take meaningful action.



SIGNATURE TOPICS

Full customization available to fit your audience

- **From Burnout to Breakthrough**
A fresh approach to resilience, energy management, and healing from the hustle.

*Available as a keynote, half-day and full-day workshop.
1:1 coaching add-on available.*

- **Renovate Your Reality**
The journey from just surviving to building a life you love from the inside out.

*Available as a keynote, fireside chat, half-day, and full-day workshop.
1:1 coaching add-on available.*

***Renovate Your Reality* is available on Amazon**

KEY AUDIENCE TAKEAWAYS

- 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.

INTRODUCTORY RATES (2025-2026)

Keynote (up to 60 min)

\$1,000 – \$2,500

Breakout Session (30–45 min)

\$750 – \$1,250

Workshop (Half-Day)

\$2,000 – \$3,000

Workshop (Full Day)

\$3,500 – \$5,000

Virtual Presentation (up to 60 min)

\$500 – \$1,000

Travel expenses are additional. Custom packages and book bundles available. All budgets considered.

CLIENT FEEDBACK

"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,
Executive Director—CHINS*

CONTACT DETAILS

I look forward to working with you to inspire your team/organization.

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