

Remi Gibbs

Speaker, Author, Reinvention Coach

Remi Gibbs didn't become an expert in resilience and happiness by studying it—she *lived it*. The only child of two divorced alcoholic parents, she learned early how to navigate chaos and care for herself emotionally.

When a corporate layoff forced an unexpected career change, Remi turned challenge into opportunity—building a successful event business that reflected her creativity and drive. Later, through divorce, the loss of both parents just twelve days apart, a home flood, and multiple moves across states, she discovered that every ending holds the seed of reinvention. Each transition required her to rebuild her identity, community, and sense of purpose.

After two decades in the hospitality and event industry, Remi shifted her focus to coaching—transforming her passion for creating memorable experiences into helping others create meaningful lives. Through it all, she discovered that happiness and resilience aren't things you chase—they're practices you build, one intentional choice at a time.

Remi is the author of *Renovate Your Reality* and holds a Master's in Organizational Management, along with certifications in Positive Psychology and Life Coaching. She helps women and organizations turn adversity into growth and rediscover joy—with warmth, humor, and hard-won wisdom.

Her talks blend science, story, and soul—leaving audiences inspired, grounded, and ready to create their own version of happiness. Known for her authenticity and down-to-earth delivery, she combines real-world strategies with interactive insight, helping participants walk away with renewed energy and practical tools for lasting well-being.



SIGNATURE TOPICS

Full customization available

- **From Burnout to Breakthrough**
A fresh approach to resilience, energy management, and healing from the hustle.
- **Renovate Your Reality: A GenX Guide to Midlife Reinvention**
A no-nonsense, midlife makeover for GenX women ready to ditch the expectations and build a life that actually fits.

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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