



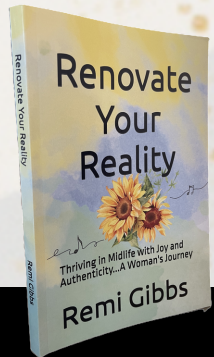
Rémi Gibbs

Author, Speaker & Certified Life Coach

Remi Gibbs knows firsthand that just because you were born in chaos doesn't mean you have to stay there. The only child of two divorced alcoholic parents, she learned early how to rise above hardship and build something better. She's been divorced, laid off, and lost both parents—yet each experience became a catalyst for growth, self-compassion, and reinvention.

With a master's in Organizational Management and experience spanning from Caesar's Entertainment to running her own event business, Remi blends real-world experience with positive psychology principles. As the author of *Renovate Your Reality* and a Certified Life Coach, she helps women and organizations turn life's challenges into opportunities for transformation.

Her speaking style is warm, interactive, and relatable—with a touch of humor and sass. Audiences walk away feeling inspired, seen, and ready to create their next chapter—with courage, clarity, and maybe a little laughter.



Renovate Your Reality is 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

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.

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

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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