



JONI WOODS

CULTURAL STRATEGIST | AUTHOR | KEYNOTE SPEAKER

Transforming Relationships Through Self-Awareness and Communication

SPEAKING FOCUS & CORE EXPERTISE

Joni's presentations combine real-world leadership experience with emotionally intelligent frameworks that help organizations:

- Strengthen communication that builds trust, psychological safety, and healthy workplace culture
- Navigate conflict, feedback, and difficult conversations with confidence and compassion
- Develop leaders who model accountability, healthy boundaries, and authentic leadership
- Improve hiring, retention, onboarding, and talent development through human-centered practices
- Reduce burnout, disengagement, and people-pleasing behaviors that limit performance and growth
- Foster resilient teams capable of navigating change and uncertainty
- Create cultures where employees feel valued, supported, and empowered to contribute

SIGNATURE KEYNOTES

STOP PERFORMING PEACE: Leading Without Losing Yourself

Many professionals- especially women leaders- have been taught that keeping the peace is more important than speaking the truth. This powerful keynote explores the hidden costs of people-pleasing, conflict avoidance, and self-abandonment, while providing practical tools for setting boundaries, navigating difficult conversations, and leading with authenticity.

Audience Takeaway:

Learn how to stop shrinking yourself to keep others comfortable and start leading with clarity, courage, and confidence.

BROKEN BOUNDARIES: How Obedience Trains Us to Betray Ourselves

Based on Joni's TEDx talk, this keynote examines how lifelong patterns of approval-seeking and obedience shape our relationships, leadership styles, and decision-making. Participants learn how to identify unhealthy patterns, establish healthier boundaries, and reconnect with their authentic voice.

Audience Takeaway:

Discover how stronger boundaries lead to healthier relationships, better leadership, and greater personal freedom.

COMMUNICATION BREAKDOWN: Why We're Talking More and Understanding Less

Miscommunication is rarely about words—it's about assumptions, expectations, emotions, and unmet needs. This engaging session helps leaders understand the barriers that prevent meaningful communication and provides practical tools for improving conversations, feedback, and workplace relationships.

Audience Takeaway:

Build stronger connections through emotionally intelligent communication strategies that reduce conflict and increase understanding.

PSYCHOLOGICAL SAFETY OR FEAR MANAGEMENT?: The Culture Question Every Organization Must Answer

Innovation, engagement, and accountability thrive when people feel safe enough to contribute honestly. This keynote explores how workplace cultures are shaped, the hidden impact of fear-based leadership, and what leaders can do to create environments where people can perform at their best.

Audience Takeaway:

Learn how trust, safety, and accountability work together to drive stronger business outcomes and healthier teams.

THE HOSPITALITY OF LEADERSHIP: Why People Stay, Leave, or Disengage

Drawing from years of recruiting, workforce development, and hospitality leadership, Joni explores what today's workforce is truly seeking from leaders and organizations. Participants learn practical strategies for attracting, developing, and retaining top talent through human-centered leadership practices.

Audience Takeaway:

Understand how employee experience directly impacts retention, performance, and organizational success.

LEADING WITH HEART: Human-Centered Leadership in a Results-Driven World

Organizations often focus on processes, metrics, and outcomes while overlooking the human beings responsible for achieving them. This keynote demonstrates how empathy, accountability, communication, and emotional intelligence can strengthen leadership effectiveness without sacrificing performance.

Audience Takeaway:

Learn how leaders can achieve results while creating environments where people feel valued, supported, and motivated to succeed.

CONNECT WITH JONI

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ABOUT THE SPEAKER

Joni Woods is a Human Connection and Culture Specialist, author, speaker, and leadership advocate who helps people build healthier relationships with themselves and others.

Drawing from her experience in leadership, workforce development, recruiting, hospitality operations, coaching, and personal transformation, Joni delivers presentations that combine vulnerability, practical tools, and actionable insights.

Her work focuses on communication, emotional intelligence, workplace culture, boundaries, resilience, and authentic leadership. She is known for creating spaces where people feel seen, challenged, and inspired to grow.

Joni is the author of *Burned, Blocked, and Better Than Ever* and believes that when we stop performing who we think we should be, we create the freedom to become who we truly want to be.



APPEARANCES INCLUDE:



BOOK JONI TO SPEAK TODAY! "YOU GET TO CHOOSE WHO YOU WANT TO BE- AND THEN GET TO BE IT EVERY DAY"