

Authentic Inaction™:

Undoing the Doing in Our Do Crazy World

Overview

This workshop, which can also be offered as a keynote, inspires organizations and teams to support more meaningful and sustainable ways of leading and taking action that optimize engagement, commitment and impact at all levels.

Renee is a self-proclaimed doing addict and work-a-holic – a woman who has regularly sacrificed her way of being for the reliable high of 'doing.' She is deeply committed to increasing awareness of this systemic addiction giving individuals and organizations a pathway to achieve greater authenticity and connection to what they do within their personal and professional lives, no matter where they are in their career or life journey.

Renee took her doing addiction story one step further – she shared it on the TEDx Stage. However, she is not alone. Many suffer from doing too much. This crippling addiction is affecting all of us to the tune of billions of dollars a year in health care costs, corporate burn-out, and wasted effort. It has contributed to broken relationships and a loss of our truest sense of who we are in the world.

What makes this dilemma between doing and not doing even more difficult to overcome, is that this idea of taking action, being in the world as doers, is not only accepted – it is honored, encouraged, and expected. It is an identity, rooted in our culture. While we absolutely make an impact on the world through our actions, our actions should be a natural extension of who we are. Instead, what we do has become the definition of who we are.

Renée shares 4 essential steps to move from Inauthentic Action – staying busy and doing it all, to Authentic Action – optimizing focus, commitment and impact. Authentic Inaction, a key practice introduced in this keynote, invites us to consciously and resourcefully question our dominant culture of constantly doing, achieving and improving. It ultimately asks us to choose a less productive life, a life that acknowledges the limits of our attention, energy and time. But in return, brings into sharper focus what it is we are truly meant to do with the clarity and commitment to fully make it happen!

Takeaways & Learnings

- How 'doing' can be a form of addiction.
- The impact 'doing' has on our personal and professional lives.
- Why we have a resistance to stop 'doing', even if we know it is not serving us.
- 5 different types of 'doers' and what each of their doing is motivated most by.
- A practice that moves us from Inauthentic Action to Authentic Action.
- 4 concrete steps to take the practice of Authentic Inaction into your organization.

Actions for Attendees to Take

- Be a catalyst for meaningful change for how to truly tackle the topic of prioritization and best assign work to recognize and leverage personal meaning and contributions.
- Contribute to creating a culture that recognizes the inherent limitations of our time, attention and energy and has the discipline to make tough choices that enable leaders and teams to focus on the critical few and do them really well.

Renée Dineen



Founder of the Deep Tissue Living Institute, TEDx Speaker, and Co-author of The Art & Truth of Transformation for Women

Renée Dineen is a best-selling author, TEDx & motivational speaker, and founder of the Deep Tissue Living Institute, a coaching and consulting platform dedicated to doing the deepest work with those who never thought they could. Prior to launching her own practice, Renée spent 20 years in global senior leadership roles in the high tech and biotech industries, including five years working and living overseas in Switzerland.

As an international thought leader playing at the intersection of business, leadership, psychology and well-being, Renée travels around the world coaching and advising leaders and teams how to navigate risk, change and growth while fueling the soul of the organizations and cultures they shape. She has dedicated her career to exploring human nature to understand how we can all live with greater purpose, joy and grace.

Renée has presented on dozens of global stages, been the guest on numerous podcasts and has been featured in high profile media publications such as Fortune, Financial Times, Elephant Journal and Ladders Career Magazine. Most recently Renée coauthored an anthology titled 'The Art & Truth of Transformation for Women' which is an Amazon International Best Seller.

In February 2020, Renée took her own story to the TEDx stage. Her talk titled 'Authentic Inaction™: Undoing the Doing in a Do Crazy World' is an account of her own trials and tribulations as a “doing addict” and workaholic. Her talk has reached over 600K views and supports her mission to revolutionize the way we work, play & relate to one another and our purpose.

Renée holds a Masters Degree in Organizational Psychology. Her coaching approach borrows from numerous coaching accreditations, including the gold-standard International Coaching Federation accreditation.

She lives in Sacramento, California with her husband, Sean, two teenagers and their beloved dog Atlas. As a family, they are fueled by their passion for travel, which includes 50+ countries and counting. Inspired by these experiences, Renée hosts a blog that can be found at www.travelmomentswithkids.com.

To learn more about Renée and her work in the world, you can visit her at www.reneedineen.com, www.authenticinaction.com or on Instagram @reneemdineen.