

# Cultivating Deep Tissue Leadership:

*Become a leader that transforms others from the inside out!*

## Keynote Overview

This keynote, which can also be offered as a webinar or workshop, inspires leaders to become more conscious and intentional about who they are as a leader and the legacy they wish to leave. All too often, leaders show up and learn to play “the role” but miss the true impact they can have on another person's life. Instead of seeing their unique life and leadership experiences as a journey towards self-actualization that can meaningfully serve the people they lead, they see leadership as a role they play to get results for something outside of themselves.

Employees and teams can rarely take themselves or their organizations farther than their own leader is willing to go, resulting in huge losses for all involved. Leaders who are brave enough to do the deeper work and experience true transformation in themselves and others, become legacy leaders whose impact extends far beyond the walls of their organization.

Deep Tissue Leaders know their impact is limitless but also know their impact depends on their ongoing willingness to pursue their potential and manifest their intentions wholeheartedly and with great care and courage.

## Takeaways & Learnings

- Become a more conscious and intentional leader who is willing to dig deep, lead deeply and make deep and lasting impacts on the people and organizations you serve.
- Support your employees and teams to meaningfully bridge personal and professional goals, values and beliefs to capture their full essence and potential.
- Refine your own mindsets, behaviors, qualities and practices to better serve each human being you lead, supporting them to live into each moment.
- Become a leader who embodies and models the 5 Principles of Deep Tissue Leadership:
  - Leadership is personal and transformational
  - Leadership is a mix of science and art
  - Leadership is not a role; it is an intention to serve resulting in inspired action
  - Leadership is learned, practiced and refined over time
  - Leadership is an honor, not a right

# 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](http://www.travelmomentswithkids.com).

To learn more about Renée and her work in the world, you can visit her at [www.reneedineen.com](http://www.reneedineen.com), [www.authenticinaction.com](http://www.authenticinaction.com) or on Instagram @reneemdineen.