




# Renée Dineen

## Podcast Profile

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## Bio

Renée Dineen is an international thought leader playing at the intersection of business, psychology and well-being. She describes herself as a recovering work-a-holic and 'doing' addict who left her 7-figure executive leadership role in Biotech to give herself a genuine shot at doing work that mattered most to her heart, and to do that work without sacrificing all the other parts of her life.

In 2015 she founded a boutique consulting firm that supports global clients with coaching, consulting, and transformational leadership events. Renée is known for her ability to inspire leaders and teams to develop themselves while retaining their humanity and authenticity in the face of challenge and change.

In 2019 Renée took her personal story to the Tedx stage where she demystifies our culture's obsession with busyness and doing. Her talk called Authentic Inaction™ Undoing the Doing in A Do Crazy World, has reached over 500K views. Renée is on a mission to revolutionize the way we work, play & relate to one another and our purpose. By learning how and when to take Authentic Inaction™, we can say no to the wrong things and yes to the right things, thus showing up healthier, happier, and more authentic in all areas of our lives.

Renée has been featured on several podcasts, presented on many global stages, and published dozens of articles on the topics of leadership and personal growth, several of which have been featured in publications such as Fortune, Financial Times & Elephant Journal. She is co-authoring a book called The Art & Truth of Transformation for Women which will be released this Fall!

Renée lives in California with her husband and two children whose family ritual is traveling--58 countries and counting!

## Hooks:

**Why breaking our addiction to “doing” is the secret ingredient to authentic living and lifelong success.**

- How doing nothing can manifest everything.
- Four steps to begin undoing the doing in your do-crazy world.
- If you feel like no matter what you achieve, it never feels quite “enough”... this interview is for you

**Are you a success addict? How you can break the cycle of never feeling enough.**

- Learning to say not so you can say hell yes!
- How to align who you are with what you do.
- Who you get to become when you accept who you are.

## Can be Heard on...

- Inevitable Shit
- just Steve
- The Fearless Life Podcast
- Single Soul Purpose

