



TRACY LALONDE

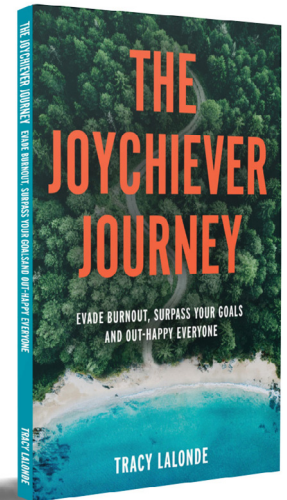
✦ AUTHOR, PUBLIC SPEAKER, OVERACHIEVER ✦



THE JOYCHIEVER JOURNEY

**Evade Burnout, Surpass Your Goals
and Out-Happy Everyone**

Tracy LaLonde is an overachiever, business development coach, and professional speaker. After 20 years in the legal industry—a field with extreme rates of burnout—she witnessed her successful peers deal with high levels of anxiety, worry, and stress. At the peak of her career, Tracy stepped away from her business to embark on her own Joy Journey. Tracy founded Joychiever to help other overachievers define their unique joy journey and apply their ambition to achieve a balanced, happy life.



CURRENT SPEAKING TOPICS INCLUDE

The Joychiever Journey:

How to Use Overachiever Strengths for the Pursuit of Joy

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Tracy LaLonde covers topics for professionals that help them gain proven techniques and tools to take their skills and results to the next level with a newfound sense of confidence, comfort and balance.

Connect with Tracy LaLonde on social media @joychiever



Book Tracy LaLonde to speak today at www.joychiever.com

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