



BURNOUT SURVIVOR

PASSIONATE GOAL SEEKER

CAPTIVATING PUBLIC SPEAKER

AVID SEEKER OF JOY

FREQUENT SELF-EXPLORER

DRIVER OF EXCELLENCE

ENGAGING TRAINER

EMPATHETIC LISTENER

PROLIFIC ACHIEVER



TRACY LALONDE

☛ AUTHOR, PUBLIC SPEAKER, OVERACHIEVER ☛

As a passionate and joy-seeking professional, nothing makes Tracy LaLonde happier than being able to help business leaders and employees overcome the harsh realities of burnout so they can thrive in every aspect of their personal and professional lives.

At the peak of overachieving while on the path to burnout, Tracy claimed high-flying status on three airlines simultaneously and traveled 40 weeks per year, often visiting three cities within one week. She stayed at hotels for over one-third of the year and never put down her phone. Exhausted and conflicted, Tracy left her company to go on a self-declared "joy journey." She tattooed "Joy" on her wrist as a compass and took eight months off to travel, recover, and reclaim her happiness.

Tracy's "joy journey" sparked her desire to help others avoid the same disengaged, burnout path. Believing that most of us don't have a deep or refined enough understanding of self to experience sustainable joy, Tracy wrote *The Joychiever Journey: Evade Burnout, Surpass Your Goals and Out-Happy Everyone* to provide a comprehensive roadmap for discovery. With this bedrock of self-knowledge, even the busiest of individuals can make daily, intentional choices for joy.

CURRENT SPEAKING TOPICS INCLUDE

Eye-Opening Revelations of a Joychiever
(20-30 min. conversation)

An Overachiever's Guide to Out-Happy Everyone
(60 min. keynote)

The Joychiever Journey: A Life-Changing Roadmap for Joy
(2-hour workshop)

The Leader's Guide for the Joychiever Journey
(3-4 hour workshop)

With three decades as a captivating public speaker and engaging trainer, Tracy helps high-achieving employees discover their unique path, empower their joy, and apply their ambition to achieve a blended, happy life, while facilitating business results.

Connect with Tracy LaLonde on social media @joychiever



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

Bulk order discounts for *The Joychiever Journey* are available on request for all speaking engagements.



click to download a high-res author photo and book image

#outhappyeveryone