



# TRACY LALONDE

AUTHOR, PUBLIC SPEAKER, JOYCHIEVER

With three decades as a captivating public speaker and engaging trainer, Tracy LaLonde works with businesses in two areas:

- 1) Helping high-achieving employees discover their true selves, empower their joy, and apply their ambition to attaining sustainably blended, happy lives, while pursuing personal success and business results; and
- 2) Educating leaders to avoid common pitfalls of burnout, deploy best practices for retention and create a workplace where employees want to work, stay and prosper.

*The Joychiever Journey is a practical guide to dealing with stress, discovering what makes you uniquely joyful, and taking steps to renovate your life.*



**Tracy LaLonde**  
Chief Joychiever  
Joychiever, LLC