

## FULL LIST OF TALKS

Here's a deeper look at Arianne's most requested keynotes. Each talk can be customized for your audience and delivered as a keynote, workshop, or fireside chat.

### Resist the Urge to Settle

A bold reminder that "almost" isn't the goal. This keynote challenges high achievers to raise their standards, trust their inner knowing, and stop shrinking for the sake of comfort or applause.

Perfect for: Women's leadership conferences, wellness summits, high-performer retreats.

### Shift Happens

Change is inevitable — and it doesn't have to break you. This talk helps audiences recognize when it's time to shift, release fear around uncertainty, and respond with clarity, flexibility, and purpose.

Perfect for: Corporate transitions, visioning retreats, personal development spaces.

### Light a Match

For the leader who's tired, but still lit deep down. This talk is about reigniting your fire — not by doing more, but by remembering why you started and giving yourself permission to lead from that place again.

Perfect for: Executive retreats, educator conferences, wellness + mental health events.

### The Myth of Balance

Balance is a myth — and chasing it is exhausting. This talk invites high performers to pursue rhythm over perfection and to embrace the seasons of their life and leadership with grace and strategy.

Perfect for: Working moms, employee resource groups, women's wellness events.

### Build What YOU Needed

This talk empowers women to lead, create, and build from lived experience — turning pain points into platforms, and setbacks into solutions.

Perfect for: Entrepreneurship incubators, founders, impact-centered leadership events.

### This Seat is Taken

You don't have to ask for a seat at the table — when you know your value, you bring the whole table with you. This session explores how women can show up with authority, authenticity, and unapologetic presence.

Perfect for: Women in leadership, professional networking events, affinity groups.

### Run YOUR Race

It's easy to get distracted by someone else's timeline. This keynote helps high achievers stay focused on their path — with less comparison, more clarity, and a deeper connection to purpose.

Perfect for: Youth events, early-career professionals, wellness retreats.