

An award-winning change agent and inspiring thought leader, Angela Cooper has been helping business leaders shape stronger workplace cultures for more than two decades. Her focus on organizational health empowers business leaders to get strategic about building healthier workplaces where everyone can operate at their best.

Angela's signature keynotes and empowerment labs energize audiences to channel their energy, activate their values, and unleash their full potential.

## The Power of RENEWAL

**Protect and sustain your energy for what matters most.**

The intensity of these past few years has taken a toll, and a growing body of research confirms what we already know deep down: that if we don't manage our chronic stress, it can damage our health, disrupt our relationships, and threaten our livelihoods.

The good news is that there are insights, tools, and learned behaviors we can use to unwind the unhealthy habits that are burning us out. Even in the midst of societal uncertainty, big life changes and heavy workloads, it is possible to cultivate the energy for purpose-centered and joy-filled lives.

In this engaging and empowering session, participants will learn:

- A 5-part framework for energy renewal: Balancing, Batteries, Boundaries, Beliefs, and Brilliance.
- Powerful mindset shifts to reframe thought patterns and support sustainable change
- Simple boundary-setting techniques to prioritize and protect your energy
- Practical habits, systems, and rituals to build resilience and maintain momentum

### *What Clients Say*

*I use the tools I learned DAILY. I have witnessed myself protect my energy in moments that previously sent me into a burnout tailspin--it is so evident, that those closest to me have noticed.*

*The Power of Renewal has truly changed my life at work and home.*

*Thank you Angela!*

-DEI DIRECTOR,  
FINANCIAL SERVICES COMPANY

