



WATCH
JASMINE'S
SPEAKER
REEL



JASMINE BRETT STRINGER

Are You Ready to Seize Your Life?

Jasmine Brett Stringer inspires and energizes audiences to embrace the possibilities that live in every moment.



WOMEN
OWNED



Seize Your Life

LIVE A VISION-DRIVEN LIFE

In this inspirational experience, Jasmine guides audiences on the journey to *carpe diem*. She identifies how to unlock the barriers that keep us from fulfilling the life we are intended to have while establishing a personalized vision to take life to the next level.

- Stop living life on autopilot
- Establish a holistic vision for their lives
- Overcome limiting beliefs to boldly live the life you envision
- Create focus and alignment on their professional and personal goals
- Raise their voice and ask for what they want out of life

Seize Your Relationships

MAKE AUTHENTIC CONNECTIONS

Jasmine shares best practices for breaking down barriers, expanding our various networks, and deepening personal and professional relationships. This experience is offered as a keynote speech or interactive workshop.

- Build the relationships in their work and life that catalyze transformational growth
- Remove distractions and be fully present for the relationships that matter most
- Create deeper connections through personal story
- Surround oneself with people that add dimension, perspective, and insight to their lives.

Seize Your Opportunity

MOVE BEYOND BURNOUT

In this experience, audiences will discover effective ways to bounce back from daily challenges and stress in a constructive manner that promotes positive growth, empowering them to break free from survival mode and rediscover the joy in their work.

- Promote healthy engagement with challenges at work
- Discover specific methods to avoid burnout, find comfort, and release weighty feelings
- Rediscover the joy in their work and career
- Respond to stress in a healthy way that allows for goals to be achieved at minimal psychological and physical costs

BOOK JASMINE: (612) 803-4512

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"Jasmine served as the keynote speaker for the Minnesota Cultivated Wild Rice Council's Symposium and captured our attention immediately. Not only did she deliver a useful and thoughtful message, but she also energized our crowd with her enthusiasm and "seize the day" mentality. Jasmine was full of useful tips on how to maximize your potential and her optimism and vitality were infectious. Well done!"

*J. Dockter, Associate Director,
Minnesota Cultivated Wild Rice Council*

INSPIRATIONAL, ACTION-ORIENTED SPEAKING PROGRAMS

Embrace the Possibilities that Live in Every Moment

Whether in-person, virtual, or a hybrid event, Keynote Speaker Jasmine Brett Stringer's speaking programs leave audiences energized, empowered, and ready to Seize their Life! Jasmine leverages the perfect mix of personal stories, humor, interaction, and action-oriented content that will renew attendees, both professionally and personally.



The Power of The Ask

ASK FOR WHAT YOU WANT OUT OF LIFE

In her **Power of The Ask** experience, Jasmine addresses the apprehension and anxiety making the ask often evokes and inspires audiences to raise their voice and ask for what they want out of life.

What Does it Mean to be an Ally in the Workplace?

BECOME CONNECTED, INFORMED, AND ENGAGED

This experience covers how to become a better ALLY, a person who is not a member of a particular marginalized group but seeks to help end the oppression of those in it. We'll discuss real and meaningful ways to become connected, informed, and engaged in the support of discriminated colleagues within the workplace and the community.

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"During the pandemic and the rise of a national conversation about racial justice, Jasmine was invited to speak to everyone in my company about how we can move forward...together. This was a tough topic--in divisive times--and Jasmine rose to the occasion with grace and guidance. She brought much-needed wisdom, candor, and vulnerability to a diverse group of hundreds of people who were struggling in different ways."

A. WORLEY, CHIEF CONNECTIONS OFFICER, VMLY&R

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"I highly recommend Jasmine as a keynote speaker! During her energetic and motivating virtual keynote, we could feel her energy through the computer as she spoke with excitement and passion. She was a pleasure to work with in planning the event. Jasmine will infuse your audience with positivity and motivation!"

A. FRIEDMAN, SR HR CONSULTANT CITY OF MINNEAPOLIS

You're in Good Company!

Jasmine's client list includes some of the top companies and organizations in the world. You're in good company when you work with Jasmine Brett Stringer.



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