



Roxane Battle

REAL RELATABLE RELEVANT

Hello! I'm Roxane Battle, Speaker, Author, and Media Personality. I talk about **burnout**, **safe spaces**, and **belonging**. I'm excited to customize an engaging in-person or virtual presentation for your next event to help solve your team's pain points.

REAL SOLUTIONS. RELATABLE STORIES. RELEVANT STRATEGIES.

Let's find those **Pockets of Joy** together! *Roxane Battle*



“Roxane Battle set the tone for our conference with her keynote speech in a wonderful way! Her presentation was **down-to-earth, and thought-provoking**. Our audience absolutely loved her! A few people asked me to send over the booking agent's information right away so they could have her at future events!”

- B. ACCETTURA, PROJECT MANAGER, MN ASSOC. OF WORKFORCE BOARDS

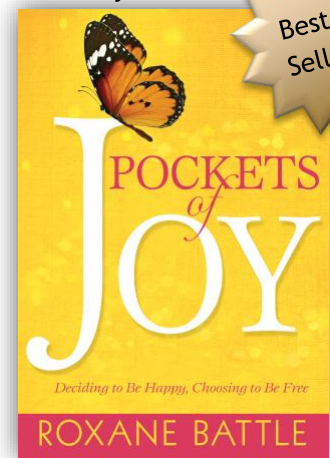
“Our audience was over the moon with Roxane's presentation. She set tone for what turned into a **highly energetic, engaging**, enthusiastic and enjoyable event.” - C. LEGATT, ADMINISTRATIVE SERVICE MANAGER, MN DEED

“Thank you, Roxane, for your message to our 2023 Human Resource Summit! The University's HR community deeply appreciated your engagement and the wisdom of your talk on Psychological Safety. The presentation met people in their space, personally and professionally, and was especially **relevant in our present time!**”

-K. HORSTMAN, VP HUMAN RESOURCES, CHRO, UNIVERSITY OF MINNESOTA

“Great speaker with a great message!”

- C. NORDQUIST, EXECUTIVE DIRECTOR, MINNESOTA ASSOCIATION OF SCHOOL BUSINESS OFFICIALS



“Underneath the sprinkles and frosting, we're all... cake.”

MOST REQUESTED KEYNOTES: (always customized and updated)



“Exhausted to Energized: Let’s Beat Burnout, Find Belonging and Pockets of Joy Together!”

It's no secret that the world has gone through some major changes, and we have too. We've been asked to do more with less, and let's face it, we're tired.

As a mental health advocate inside Fortune 500 UnitedHealth Group, Roxane worked closely with professional mental health providers to find ways to reduce burnout and make our mental well-being a priority.

In her presentation, Roxane uses relatable stories from her personal life and high stress media career to illustrate practical strategies to help us feel better from the inside out. From recognition and self-care, to fostering belonging, and leading with compassion and empathy, she shares tools to help us feel valued, rested, and energized.

Get ready to be celebrated, inspired, and find those pockets of joy!



“Communicate Like a Superhero: Words to Say on Our Way to Feeling Better and Finding Joy.”

Effective communication is no longer a soft skill, but an essential skill. As we navigate today's ever changing work environments, what we say and how we say it, is more important than ever, especially what we say to ourselves.

Whether it's navigating conflict, respecting boundaries, or collaborating with diverse teams, this engaging presentation gives specific examples of what to say to bridge divides, find joy and make work fun again!



“Lesson from the Monarch: Finding Pockets of Joy in Changing Times”

Imagine if... we could embrace change and find joy. This is Roxane's story.

In this inspirational talk, Roxane shares blends elements of positive psychology and mindfulness with deeply personal stories of her emotional and often tumultuous transition away from a high stake's television career into a new and fulfilling life.

It's a journey that produced real-life lessons and authentic happiness. Through candor, humor, and engaging storytelling Roxane goes deep, with takeaways your audience can implement right now, and begin to see life's challenges not as obstacles, but as opportunities to experience authentic joy.



ROXANE BATTLE, Storyteller

Roxane Battle has spent her entire career telling stories that help audiences find joy.

Roxane has 20+ years' experience as an Emmy-nominated and award-winning news anchor, reporter and host for NBC-Minneapolis, CBS, and FOX.

As a speaker, she packs a one-two punch, drawing on her journalism and executive health care experience to present solutions to burnout, belonging, mental wellness and psychological safety, in talks that are real, relatable, and relevant.

As an executive inside Fortune 500 UnitedHealth Group's behavioral health division, she reached 4 million subscribers as host of "Checking in with Roxane Battle", and presented with mental health ambassadors such as TikTok wellness influencer Marcus Bridgewater, 6x gold-medal Olympian Aly Raisman and NASA astronaut Scott Kelly.

She has both a master's and bachelor's degree in journalism, studied psychology through Harvard's Extension School of Continuing Education and in 2023, completed a certification in Emotional Agility.

KEY TAKE AWAYS FROM ROXANE'S PRESENTATIONS:

- How to overcome feeling overwhelmed
- The role of recognition in the workplace
- Why toxic positivity is the opposite of psychological safety
- Is it "authentic" or chaotic?
- How to cool heated conversations
- Find calm with the "Glitter Effect"
- 'No' is a complete sentence; how to get comfortable saying it
- How leaders create cultures of belonging
- Relevant strategies for record team engagement



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"Her presence is just brilliant."

-T. Kammeraad, L.C.S.W. Apple, Inc.