

Janelle Dawsey

Founder & CEO, Symmetricly

Licensed Marriage & Family Therapist · License No. MFT001614



A licensed clinician who translates the science of human behavior into the language of business performance — helping leaders read their people, retain their talent, and lead through pressure.

SIGNATURE TALKS & WORKSHOPS

01

High Performing, Highly Stressed

Understanding Hidden Anxiety Patterns That Impact Performance

Your top performers aren't quitting loudly — they're quietly fraying. Leaders learn to read the seven performance signals that predict burnout, attrition, and lost revenue, and how emotionally intelligent leadership keeps strong teams strong.

Best For: Executive teams, people leaders

Formats: Keynote (45 min) · Workshop (90 min)

02

The Hidden Drivers of Workplace Conflict

Improving Communication, Trust, and Team Performance

Most workplace conflict isn't about the work. Using a proprietary framework, leaders learn what's actually driving team friction beneath the surface — and walk out with language and tools they can use the next morning.

Best For: Leadership teams, managers

Formats: Keynote (45 min) · Workshop (90 min)

03

Why Good Employees Leave

The Leadership Strategies That Improve Retention

Exit interviews come too late. Leaders learn a diagnostic that maps every employee on two variables that predict resignation — and the three retention strategies that move people in the right direction before it's too late.

Best For: CHROs, founders, executive teams

Formats: Keynote (45 min) · Workshop (90 min)

ABOUT JANELLE

Janelle Dawsey is a Licensed Marriage and Family Therapist and the Founder & CEO of Symmetricly, a multi-clinician relationship wellness firm based in metro Atlanta. Symmetricly's consulting division partners with mid-size companies navigating leadership transitions, mergers, and culture rebuilds — bringing a clinical lens to the relational dynamics that drive (or derail) business performance.

With more than a decade of experience helping high-stakes relationships function under pressure, Janelle speaks to corporate, association, and conference audiences on the leadership skills that determine whether teams perform, repair, or quietly fall apart. Her work is practical, research-grounded, and immediately usable — framework-based content executives can apply Monday morning, not motivational ideas they forget by lunch.

AUDIENCES SERVED

Corporate leadership teams · HR & People Operations · Professional associations (SHRM, bar, CPA, medical) · Executive offsites & retreats
· Industry conferences · Women's leadership networks

SPEAKING FORMATS

- Keynote**
30–60 minutes. Single signature talk for conferences, all-hands, summits.
- Workshop**
90 minutes to half-day. Interactive, framework-driven, for leadership teams.
- Panel & Fireside**
Moderated conversations on leadership, retention, and workplace wellbeing.
- Series & Retreats**
Multi-session engagements for leadership cohorts and executive offsites.

Available for in-person and virtual engagements.

Based in Atlanta, GA. Travels nationally.

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