



JEANNINE K BROWN

GLOBAL KEYNOTE SPEAKER, AWARD-WINNING LEADER &
AUTHOR, EXPERT IN PEAK MOMENTUM MANAGEMENT

[WATCH JEANNINE SPEAK](#)



ABOUT *Jeannine*

Top Rated Global Speaker, Award Winning Leader, Author, TEDx Speaker, and Corporate and Executive Advisor

Jeannine K Brown is a powerhouse professional keynote speaker and executive coach who helps organizations and teams reach high performance by maintaining momentum through periods of peak performance. She teaches leaders how to manage pressure, people, and pace so success doesn't turn into burnout, disengagement, or attrition.

Jeannine is the author of *Unstuck and Unstoppable: Five Proven Strategies to Leverage Your Value, Increase Your Visibility, and Gain Recognition to Accelerate Your Career*, and the creator of leadership programs designed to strengthen communication, confidence, and healthy team dynamics across the talent pipeline.



IN DEMAND

Keynotes



HELP ORGANIZATIONS MAINTAIN MOMENTUM BEYOND PEAK PERFORMANCE BY TEACHING LEADERS HOW TO MANAGE PRESSURE, PEOPLE, AND PACE.

KEYNOTE ONE

Peak Performance Momentum

Organizations are striving for peak performance amid constant change, tighter timelines, leaner teams, and innovation demands, with leaders expected to stay steady as things shift. Jeannine K Brown, the authority in managing momentum, teaches leaders how to handle pressure, people, and pace so success doesn't turn into burnout, disengagement, and avoidable attrition. Peak performance is achievable—and sustainable—when leaders protect energy, clarity, and accountability while driving results.

KEYNOTE TWO

The Power of Less

When everything feels urgent, leaders start taking on more while never letting go of other items. This keynote introduces the 10% Less Framework, a practical method for identifying the lowest-value tasks, unnecessary emotional labor, and invisible “extras” that drain your capacity. Learn how you're impacted by your mental load and how to reduce it by 10% through expectation resets — Reclaim Your Time, Rest, and Yourself — so you can protect your focus, make better decisions quickly, and lead with more energy and presence.

KEYNOTE THREE

Creating Innovative & Profitable Teams With Psychological Safety

Today's leaders are measured not just by results, but by how they build environments where results are sustainable. Innovation requires voice. Voice requires trust. Trust requires psychological safety. This interactive session equips leaders with the frameworks and tools to intentionally build high-performing, innovative teams grounded in psychological safety—without sacrificing authority, clarity, or accountability.

Customized topics are also available

THE WEIGHT OF FIRST

The Unspoken Burden of Breaking Barriers and Belonging



In her TEDx talk, **The Weight of First**, Jeannine K Brown names a pressure many high-achieving leaders feel but rarely articulate:

**The invisible burden of being the first.
The only.
The one who has to prove they belong.**

Being the first in the room whether by title, race, gender, experience, or perspective comes with visibility, isolation, exposure and a constant negotiation between your past, the now and your future.

No one trains you for that weight.

This talk does.

This is not a diversity talk.

This is not a motivation talk.

This is a leadership sustainability talk.

Jeannine unpacks what it really costs to carry that responsibility of success alone and offers a clear, strategic path forward so leaders can protect their confidence, navigate power dynamics, and lead without shrinking or overcompensating.

WATCH THE TALK



How This Connects to Organizational Performance

The Weight of First is the foundation of Jeannine's broader body of work on:

- Managing Momentum at Peak Performance
- Psychological Safety as a Retention Strategy
- Protecting Energy, Clarity, and Accountability
- Sustainable Leadership Under Pressure

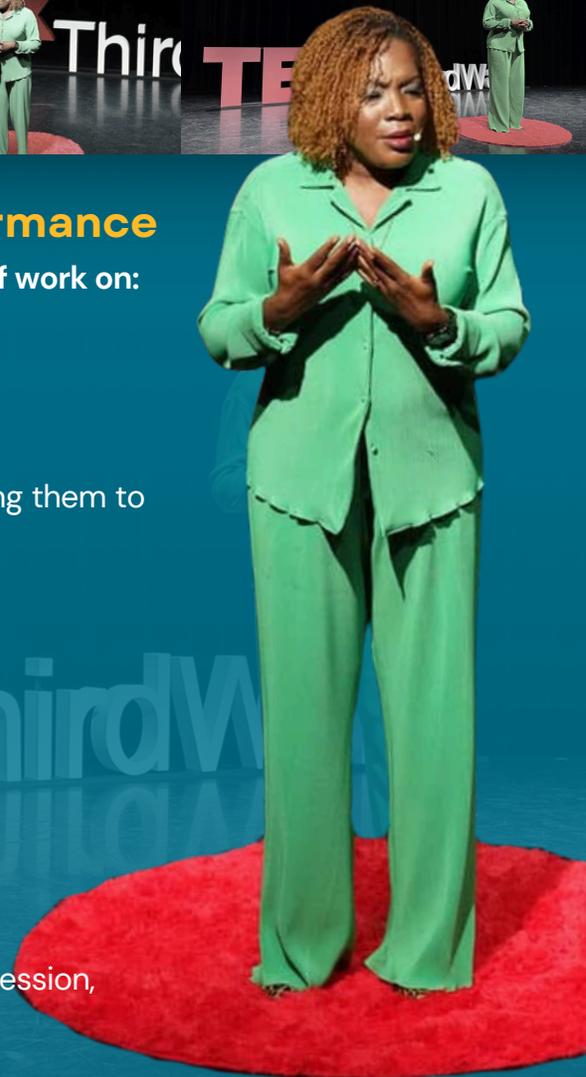
Organizations often promote high-potential leaders without equipping them to handle visibility pressure.

Ideal Audiences

This keynote resonates powerfully with:

- Executive leaders and senior teams
- Women in leadership and emerging executives
- First-generation professionals
- Corporate ERGs and leadership development programs
- Boards and high-visibility change agents
- Organizations committed to retention and psychological safety

It is especially impactful for audiences navigating advancement, succession, representation, and cultural transformation.





UNSTUCK AND UNSTOPPABLE

5 PROVEN STRATEGIES TO LEVERAGE YOUR VALUE,
INCREASE YOUR VISIBILITY, AND GAIN RECOGNITION
TO ACCELERATE YOUR CAREER



**DEBUTED AS BEST CAREER BOOK FOR
WOMEN SEEKING THE C-SUITE
AND EMERGING LEADERS**

Jeannine K Brown is a executive coach, podcast host, TEDx speaker, and author of *Unstuck and Unstoppable: 5 Proven Strategies to Leverage Your Value, Increase Your Visibility, and Gain Recognition to Accelerate Your Career*.

Selected by corporations and universities, her book gives clear systems for visibility, recognition, and promotion-tools that turn strong performance into advancement. A two-time **Most Powerful Woman in Accounting (2023 and 2024)**, Jeannine brings humor, candor, and practical frameworks that help professionals move from tactical execution to strategic influence.

GET PAID, PROMOTED AND POSITIONED WITHOUT WORKING MORE HOURS!

Unstuck and Unstoppable is the no-fluff playbook for career momentum. You'll learn how to name your value, get seen for it, earn real recognition, and ask for bigger opportunities. Built from real workplace wins, it helps you cut low-value work, show proof of impact, and negotiate scope so promotions and salary follows. Companies and universities choose it because readers don't just feel inspired they leave with practical and effective insights and a plan.

INSIDE, YOU'LL DISCOVER HOW TO:

- ✔ **LEVERAGE YOUR VALUE** - Identify and communicate the unique strengths that set you
- ✔ **INCREASE YOUR VISIBILITY** - Get noticed by key decision-makers without self-promotion, feeling forced.
- ✔ **GAIN RECOGNITION** - Position yourself for promotions, opportunities, and leadership roles.
- ✔ **NAVIGATE WORKPLACE POLITICS** - Build influence and credibility without compromising your authenticity.
- ✔ **OVERCOME SELF-DOUBT** - Silence imposter syndrome and own your success with confidence.

Real-world stories, practical step-by-step tips, and game-changing insights, Jeannine K Brown, an award-winning executive coach, speaker, and leadership strategist-equips you with the tools to move from overlooked to unstoppable.

ORDER BOOKS AND HIRE JEANNINE FOR KEYNOTE SPEAKING:

- 🛒 [UNSTUCKANDUNSTOPPABLEBOOK.COM](https://unstuckandunstoppablebook.com)
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- 📍 HQ: ATLANTA, GA • TRAVELS WORLDWIDE

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2nd Edition Publication Date: February 2025
Original Publication Date: January 2022

EVERYONE GETS STUCK FROM TIME TO TIME IT'S HOW YOU GET UNSTUCK THAT MATTERS

The insights in this book aren't just theories — they're the exact strategies I've used to propel my career and the proven methods that have helped my clients break through barriers, gain visibility, and achieve the success they deserve. Now, I'm sharing them with you.

WHO IS THIS BOOK FOR?

- The person who's ready to get paid what their worth!
- The person who's ready to stop playing small!
- The person who has big ambitions and is not ashamed!
- The person who's ready now and is tired of waiting!
- You!

OVER 20 THOUSAND BOOKS SOLD TO BRANDS YOU KNOW



"This book gave me fresh clarity in a high-profile leadership role." Even with years of experience as a nonprofit CFO, *Unstuck and Unstoppable* offered new insight and practical tools I could use right away. It's a must-read for anyone — whether you're growing, pivoting, or leading from the top.

JANICE S.

CFO, GLOBAL NOT-FOR-PROFIT.



"This book gave me the clarity and confidence to go after roles I used to let fear talk me out of." *Unstuck and Unstoppable* is such a powerful and easy read. It helped me see myself—and my value—in ways I never had before. Since reading the book I've relocated to two cities and within three years I've gone from classroom teacher to senior leader.

JAZMYNE B.

DEAN OF INSTRUCTION



Did you write this book for me? Because it is the coach I needed years ago. Whew, *Unstuck and Unstoppable* is the truth! Every page felt like it was speaking directly to me—real talk, real insight, and exactly what I needed. I should've read this sooner. This book is so, so good.

KENDRA L.

DIRECTOR, PUBLIC ACCOUNTING



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WHO LOVES TO HIRE Jeannine K Brown?

Organizations hire Jeannine when they want real change not a “feel good” session that fades by Monday. She’s the right partner for leaders who value candor, care, and measurable progress.

JEANNINE IS A FAVORITE FOR:

- People-first executives who want vision centered leadership without losing performance.
- HR and Talent leaders who need a trusted facilitator to tackle hard topics with skill and credibility.
- High-performance teams under pressure need better communication, boundaries, and healthier ways to sustain results.
- Organizations developing women leaders who are ready to increase visibility, influence, and confidence—especially “firsts” and “onlys.”

WHY DO THEY KEEP BRINGING HER BACK?

Jeannine blends strategic insights with coaching-level truth. She creates meaningful solution focused conversations with her audiences. She creates psychological safety, names what others avoid, and gives audiences tools they can use immediately without shaming, fluff, or generic advice. and your guaranteed to laugh.

HEAR MORE

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