

Spencer Jones

Helping leaders move from chronic Overload to Calm,
Focused, Sustainable Performance.

Leadership | Sustainable Performance | Energy Sovereignty

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Who Spencer Works With

Spencer Jones helps leaders and organizations move from chronic overload to calm, focused, sustainable performance. His work sits at the intersection of leadership, well-being, and execution, helping people lead with clarity and presence instead of pressure.

Organizations bring Spencer in when high-capacity leaders are capable, committed, and caring but stretched thin.

Bio

Spencer Jones is the founder of Jonesin' for and a nationally recognized speaker on leadership sustainability and performance. Through his grounded, science-informed approach, Spencer helps leaders identify the hidden patterns that lead to burnout and replace them with clarity, focus, and internal alignment.

Known for his calm authority and highly engaging style, Spencer delivers practical frameworks leaders can apply immediately to improve decision-making, presence, and long-term effectiveness.

Signature Keynotes

From Drained to Dynamic

How Leaders Reset Overwhelm and Restore Sustainable Energy

A powerful keynote introducing the Energy Audit, a practical framework that helps leaders identify hidden energy drains, restore clarity, and operate with greater focus and presence.

The Energy Audit

Why Capable Leaders Burn Out and How to Prevent It

This keynote reframes burnout as an operational issue, not a personal failure. Leaders learn how misalignment, not workload, is often the true source of exhaustion.

Leading Without the Weight

How Sustainable Leadership Is Built from the Inside Out

Designed for senior leaders and teams carrying significant responsibility. This session helps leaders lead with steadiness and confidence instead of constant pressure.

HALF-DAY WORKSHOP OPTION

The Energy Audit Experience (3–4 hours)

An interactive, high-impact workshop where leaders:

- Identify personal and organizational energy leaks
- Learn how internal alignment drives performance
- Build practical strategies for clarity, focus, and resilience
- Leave with tools they can immediately apply at work

Ideal for leadership retreats, professional development days, and executive teams.

IDEAL AUDIENCES

- Executive and senior leadership teams
- Education leaders and administrators
- Healthcare and nonprofit leaders
- HR and people-operations professionals
- Service-driven organizations experiencing burnout or turnover

KEY OUTCOMES FOR AUDIENCES

After Spencer's sessions, leaders typically:

- Recognize hidden patterns causing burnout
- Reduce mental overload and decision fatigue
- Lead with clarity and calm under pressure
- Improve focus and sustainable performance

SELECT CLIENTS & STAGES

- Wellness Council of Wisconsin (WCWI Conference)
- UW Oshkosh
- ThedaCare Healthcare
- CLA Global Summit
- Heart of the Valley Chamber of Commerce
- Portage County
- Multiple national virtual summits and leadership retreats

TESTIMONIALS

“Spencer’s presentation was dynamic, real, and deeply impactful. He speaks from the heart and provides tools everyone can relate to and use.” - Chris Rawlings

“Spencer has conviction, passion, and an incredible ability to move people. Listening to him changes how you see your life and leadership.” - David Vrablik

“Down to earth, motivating, and practical. Spencer brings clarity and perspective that leaders truly need.” - Holly Hierman

