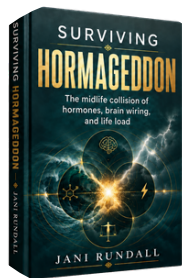




Jani Rundall

International Speaker | Author | Coach | Trainer



Soon to Be Released

AVAILABLE FOR

- Keynote (45–90 min)
- Event MC
- Half-day & full-day workshop
- Corporate training programs
- Panel & moderated discussion
- Podcast & media guest



ABOUT JANI RUNDALL

Jani Rundall is the founder of the Hormageddon™ framework and the author of Surviving Hormageddon™. She's spent thirty years across corporate technology, government, healthcare, and education in the US and Australia, MC'd on the TEDx stage, and built a global movement around the one thing midlife has been missing. A name for the collision.

What makes Jani different in the room is lived experience backed by deep professional training. She's an ISA Certified International Speaker and Trainer, a Master Life Coach, a Certified ADHD Practitioner, a Menopause Coach, a DiSC Facilitator, and an NLP Practitioner. She doesn't just tell audiences what is happening. She gives them a framework and the human understanding that makes it land.

IDEAL AUDIENCE

- ✓ Corporate leaders and HR teams
- ✓ Women's conferences and professional associations
- ✓ Women's health events and communities
- ✓ Conference and event organisers
- ✓ Leadership and executive teams
- ✓ Organisations navigating burnout, retention, and performance in midlife

SIGNATURE TALK

"Hormageddon™ Collision: Name It. Understand It. Navigate It."

Most people in midlife are told they are stressed, burnt out, or just getting older. What is actually happening is more specific than that. Hormones, brain wiring, nervous system depletion, and life load are hitting simultaneously, and the collision has a pattern. This keynote gives audiences the framework to see what is happening, the language to name it, and the first practical step to navigate it. It changes the room.

Other Popular Speaking Topics

The Hidden Cost of Hormageddon™: The impact is everywhere once you know what you are looking at

Hormageddon™ in the Workplace: The framework leaders need to understand what is actually happening to their people

ADHD, Late Diagnosis & the Midlife Woman: Why high-achieving women discover how their brain works in midlife

The Personal Operating Map: Navigating Hormageddon™ without a map is exhausting. This session gives you direction.

Relationships in Midlife: When both people are in the collision zone, the relationship takes the hit

Families in Hormageddon™: When a parent is in the collision, the whole family feels it



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