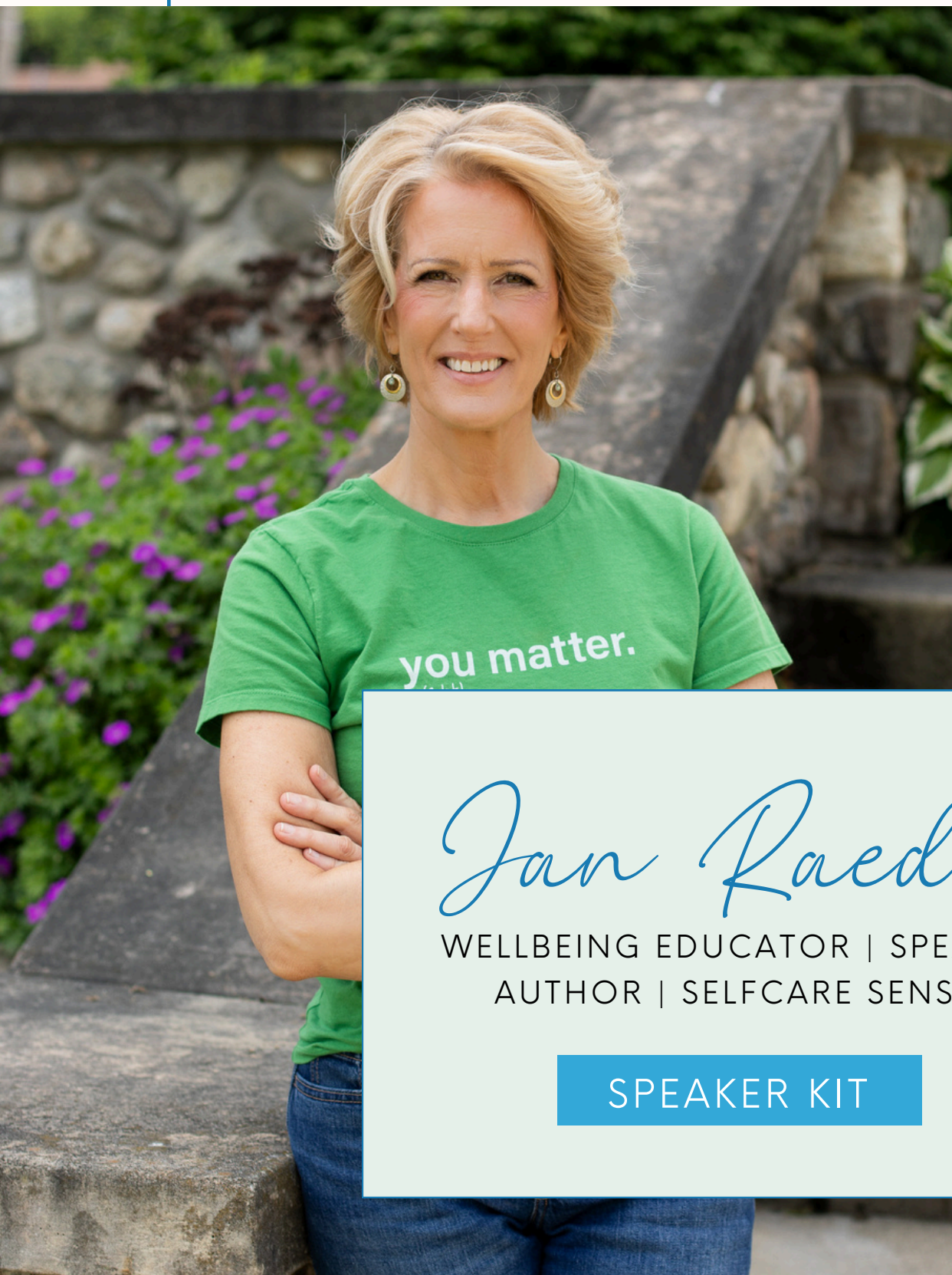




www.selfcaresensei.com



Jan Raeder

WELLBEING EDUCATOR | SPEAKER
AUTHOR | SELFCARE SENSEI

SPEAKER KIT

Connect with Jan: 518-225-3301

Hi, I'm Jan!

ROOT. RISE. RADIATE.

Most people are praised for pushing through, but underneath, they're running on empty. Burnout has become the norm, and asking for help still feels like weakness. It's not weakness. It's a signal — and it's time we listened.

Resilience doesn't come from doing more. It comes from realigning with what matters. With a background in martial arts, behavior change, and positive psychology, I help people lead with calm, not chaos.

Through my **M.O.R.E. framework — Meaning, Optimism, Relationships, Engagement** — I guide individuals and teams back to clarity, connection, and emotional strength. These aren't surface-level solutions — they're sustainable shifts.

My work creates space for people to breathe, reflect, and reset — so they can lead and live with intention.



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WHO I WORK WITH

I work with **conscious leaders, educators, and wellness-driven professionals** who are ready to move from burnout to balance. They're seeking calm, practical tools that are science-backed and soulfully delivered — not surface-level fixes. I support those who support others, helping them restore, regulate, and reconnect.

WHAT YOU CAN EXPECT

I show up with **calm energy** and a real respect for what people are carrying. My sessions are down-to-earth, interactive, and **rooted in both science and lived experience**. You can expect a space that feels safe, engaging, and genuinely helpful — no preaching, just tools that actually **support people where they are**.



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GET IN TOUCH

I help individuals and organizations thrive through personalized wellbeing programs, transformative speaking, and my M.O.R.E. framework — Meaning, Optimism, Relationships, and Engagement.

With 30+ years in martial arts, positive psychology, and behavior change, I empower people to lead with purpose and build real, lasting resilience.

Jan

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SPEAKING TOPICS

- ✓ **Wellbeing and the Glass Half Full Approach** – In this talk, I share how a simple shift in mindset — from “why me?” to “what now?” — can reduce burnout and build resilience at work. I introduce my M.O.R.E.™ Framework to help teams lead with optimism, purpose, and connection.
- ✓ **36 Questions to a Stronger Team** – In this session, I guide teams through the power of intentional questions to build trust and strengthen connection. Using the 36 Questions method and my M.O.R.E.™ Framework, I help create more engaged and emotionally intelligent workplaces.
- ✓ **Don't Duck, Don't Flinch** – In this bold and energizing keynote, I show leaders how to stop taking things personally and start reclaiming their power. Drawing from my M.O.R.E.™ Framework and 10,000 rounds in the dojo, I teach the mindset and tools to stay grounded under pressure, handle feedback like a pro, and lead with clarity, not reactivity.

Client Testimonials

“Jan has a great way of making a topic interesting and relatable and you come away feeling inspired and smarter. She has a way of breaking things down and adding a personal touch which helps make it easy to relate to.”

Julie Bonanni, O.D.

“As a speaker, Jan is engaging and relatable, connecting with her audience through personal anecdotes and a compassionate approach. Her wisdom resonates long after the conversation ends, inspiring positive change.”

Susan Warzek, Owner

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