

HELPING PEOPLE LEAD WITH CALM, CONFIDENCE & CLARITY

Jan Raeder
THE SELFCARE SENSEI

WELLBEING EDUCATOR | SPEAKER |
AUTHOR | THE SELFCARE SENSEI

STRIVE FOR M.O.R.E.™ – MEANING.
OPTIMISM. RELATIONSHIPS.
ENGAGEMENT.

FEATURED ON



**SHIFT YOUR MINDSET. STRENGTHEN YOUR
WELLBEING. SHAPE YOUR FUTURE.**





ABOUT JAN

Jan Raeder is an internationally recognized Wellbeing Educator, keynote speaker, and author committed to helping people create healthier, more purposeful, and more resilient lives. As the SelfCare Sensei, she blends 30+ years of martial arts discipline, behavior change science, and positive psychology to teach people how to find clarity, stay grounded, and thrive professionally and personally.

With over 10,000 sparring rounds and deep roots in Okinawan and Japanese karate, Jan understands what it means to stay centered under pressure. She brings that same discipline, clarity, and heart into every keynote, workshop, and coaching experience.

As the author of *Strive for M.O.R.E.: What Wellbeing Really Means & How You Can Achieve It*, Jan introduces her powerful M.O.R.E.™ Framework Meaning, Optimism, Relationships, Engagement an evidence-based roadmap for sustainable wellbeing in a post-2020 world.

A National AAU Karate Gold Medalist, lifelong educator, and former senior karate instructor, Jan has spent decades teaching people how to lead with purpose, build meaningful connections, and cultivate emotional resilience. Through the SelfCare Sensei brand, she helps individuals and organizations work better, live better, and feel better starting from the inside out.

***THE SELFCARE SENSEI:
TEACHING LEADERS TO THRIVE FROM THE INSIDE OUT.***

SIGNATURE KEYNOTES & WORKSHOPS

THE GLASS HALF FULL APPROACH: WELLBEING FOR REAL LIFE

A powerful mindset-shifting keynote that teaches teams how to move from “Why me?” to “What now?” Jan introduces her M.O.R.E.™ Framework to help organizations reduce burnout, increase optimism, and build cultures of clarity, compassion, and confidence.

36 QUESTIONS TO A STRONGER TEAM

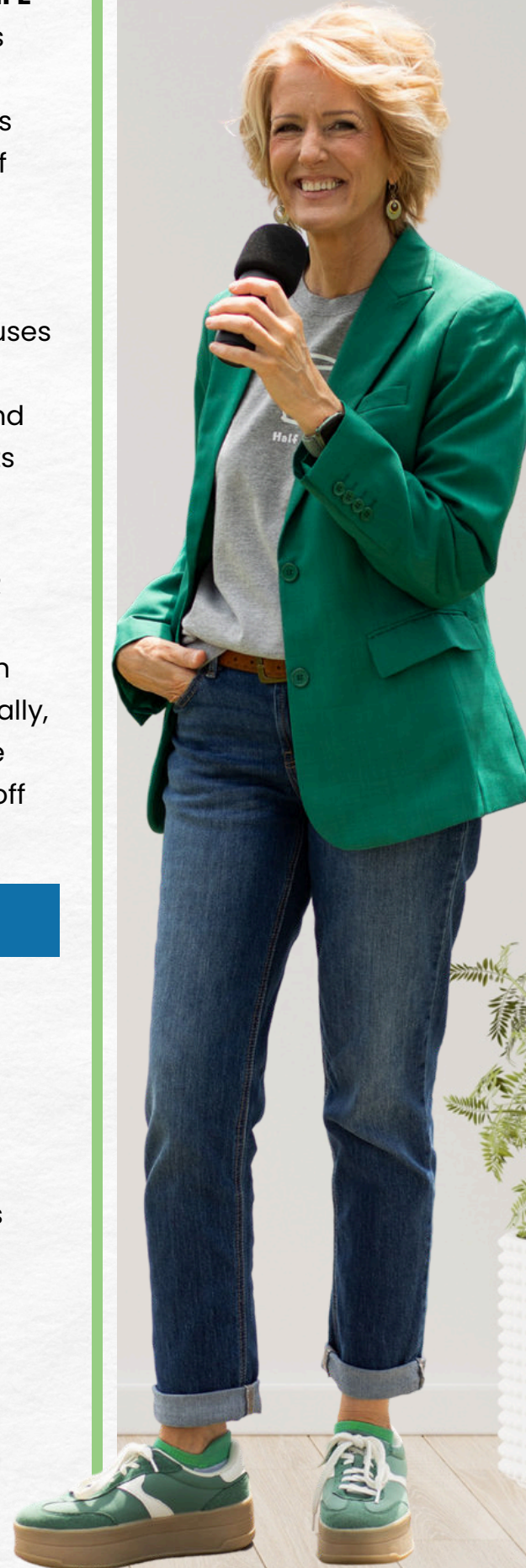
Connection is the foundation of high performance. Jan uses the “36 Questions Method” + M.O.R.E.™ principles to help teams trust more deeply, communicate more openly, and engage more meaningfully. Emotional intelligence meets practical action.

DON'T DUCK, DON'T FLINCH: STAYING GROUNDED UNDER PRESSURE

A bold, energizing talk inspired by Jan’s 10,000+ rounds in the dojo. Leaders learn how to stop taking things personally, handle difficult conversations with ease, and reclaim the power of presence. Courage, clarity, and calm—on and off the mat.

WHY BOOK JAN?

- ✓ She makes wellbeing actionable, not abstract - your audience leaves with tools they'll use immediately.
- ✓ Her approach blends science + story + lived wisdom for maximum impact.
- ✓ She's relatable, real, and deeply engaging audiences connect instantly.
- ✓ She shifts mindsets in minutes and inspires change that lasts.
- ✓ Perfect for organizations focused on wellbeing, leadership, engagement, culture, or burnout prevention.





TESTIMONIALS

"As a speaker, Jan is engaging and relatable, connecting with her audience through personal anecdotes and a compassionate approach."

Susan Warzek

Master Instructor | Owner of US Budokai Karate, Clifton Park, NY

"Anyone who has the opportunity to hear Jan speak will find her to be a truly valuable asset."

Brendon Woodworth

Client Success & Enablement Leader, Technology Consultant

"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.

"Jan Raeder is a compelling and effective speaker who is exceptionally relatable to audiences that include people from every imaginable corner of society."

Marilyn Masson

Professor, Anthropology University at Albany SUNY

"Always a professional, Jan converses with adults with clear, concise communication getting her point / view across with no misdirection or confusion."

Gerald Pete Rickert

Principal / Owner – High Peaks Home InspectionI Srvs. LLC

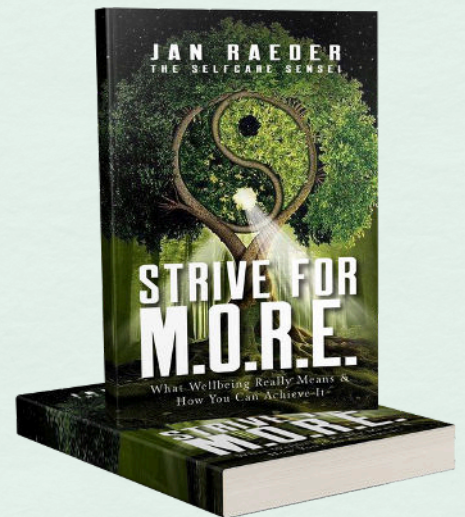
"EVERY CHALLENGE CARRIES A LESSON. EVERY SETBACK HOLDS A SEED OF GROWTH – IF YOU'RE WILLING TO LOOK."



ABOUT THE BOOK – STRIVE FOR M.O.R.E.

A road map to real wellbeing in a world that needs it more than ever.

Jan shares evidence-based tools, mindset shifts, and practical exercises that guide readers toward meaningful, optimistic, connected, and engaged living. A must-read for anyone seeking clarity, resilience, and sustainable positive change.



READY TO ELEVATE YOUR TEAM'S WELLBEING AND PERFORMANCE?

Book Jan to bring clarity, confidence, and the M.O.R.E.™ advantage to your next event. Empower your organization with actionable tools, science-backed strategies, and transformative mindset shifts that last.

Invite Jan Raeder the SelfCare Sensei to help your audience lead with purpose, resilience, and renewed energy.

 selfcaresensei.com

 jan@selfcaresensei.com

 518-225-3301

 [jan-raeder](https://www.linkedin.com/in/jan-raeder)

 [selfcaresenseijraeder](https://www.instagram.com/selfcaresenseijraeder)

 [jan.h.raeder](https://www.facebook.com/jan.h.raeder)