

Cécile Bastien Remy

The Resilience Speaker



Strong Today, Unstoppable Tomorrow

WHY RESILIENCE

The world of business has never been more volatile. Companies face relentless disruption: AI transforming workflows, mergers creating uncertainty, geopolitical shifts impacting markets, and constant pressure to innovate and adapt.

According to Forbes, 82% of the workforce is at risk of burnout, and the financial impact is staggering up to \$20,000 per executive per year. Teams are exhausted, engagement is dropping, top talent is leaving, and companies risk losing their competitive edge.

The question isn't if companies need to act, it's how quickly.

Imagine a world where your leaders and teams:

- Stay engaged, energized, and motivated
- Think creatively under pressure
- Adapt quickly to change and disruption
- Collaborate with trust and psychological safety
- Show up consistently, bringing their best every day

In this world, your organization thrives even during uncertainty. Staff turnover drops, innovation accelerates, and financial performance improves. Leaders are resilient, teams are inspired, and the company grows stronger, faster, and more agile than ever.

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WHY NOW?

The path to this future is blocked by real challenges:

- Rising burnout rates, silently draining productivity
- Unclear leadership strategies during mergers or restructuring
- Overworked teams lacking structured recovery cycles
- Leaders who try to resist rather than adapt breaking under pressure
- Culture gaps that prevent open communication and engagement

Without intervention, these obstacles compound, eroding performance, morale, and the organization's long-term viability.

Bounce Forward

My keynote, Bounce Forward, is your path to real change.

With stories, simple tools, and proven strategies, leaders learn to:

- Turn setbacks into fresh opportunities
- Build resilience as a strategic edge
- Grow high-performing, adaptable, engaged teams
- Cut burnout while boosting retention and energy

This isn't theory, it's practical, clear, and built for results.

(Optional: pair with tailored coaching or/and training.)

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KEYNOTE

Resilience

Promises:

In my conference I show leaders how to be resilient today, so they are ready to face the challenges of tomorrow.

Audiences:

Executive Committees, managers, and team leads.

Bonus:

Personal resilience guide.
Follow-up webinar/workshop.
6-month cohort coaching.

How we work together

Initial Consultation:

A structured briefing call to clarify your objectives.

Three Strategic Assessment:

- Based on your input, first outline and validation with your events goals.
- A detailed keynote structure is developed.
- Ensures all content, tone, and timing are fully aligned before delivery.



Impact on resilience capacity:
+20%

Team engagement:
+15%

+200

7

FR + ENG

10K

100

Keynotes

Countries

Languages

Audience Max

Av. Audience

ABOUT CÉCILE

I don't just teach resilience, I've lived it. At 21, I survived a devastating car accident that left me 45% disabled. I learned the hard way how to adapt, recover, and thrive.

Today, I bring this experience to the stage, coaching, and workshops:

- TEDx speaker and award-winning competitive speaker in Europe
- Expertise in resilience, mental fitness, and communication
- Proven results transforming leaders into resilient, high-performing teams

I combine authenticity, energy, and science-backed strategies to ensure your leaders don't just survive, they bounce forward.

Referrals

“Cécile captivates, blending research and practice, and leaves managers ready to act.” —P. Theytaz, Chief of Staff, Credit Suisse, Zurich

“An exceptional speaker. Cécile electrified the room. Our audience left inspired and fully energized!” —S. Martin, CEO, Risk!n Conference, Zurich

“Cécile gave our people the confidence to own their voice.” – Global Head of Communications, pharmaceutical industry, London

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