

Cécile Bastien Remy

Performance via Resilience

How Leaders Bounce Forward Under Pressure



From Survival to Strategic Performance

WHY THIS MATTERS NOW

The business environment is not just changing, it is accelerating. Leaders are expected to:

- Decide faster with less certainty
- Communicate clearly under pressure
- Maintain performance while teams are stretched

82% of the workforce is at risk of burnout. Not because people are weak but because pressure has become constant.

The question is not: “Do your leaders face pressure?”
It is: “Can they perform through it consistently?”

What high-performing organisations get right?

They don't remove pressure. They build leaders who can operate inside it.

Their leaders:

- Stay clear-headed under stress
- Turn setbacks into strategic decisions
- Keep teams engaged and trusting
- Deliver performance without burning out people

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WHAT GETS IN THE WAY?

- Burnout silently reducing decision quality
- Leaders reacting instead of leading
- Pressure creating rigidity instead of adaptability
- Communication breaking down in high-stakes moments
- Teams disengaging when clarity disappears

Left unchecked, this doesn't just affect people it impacts performance, retention, and results.

Bounce Forward

This keynote is not about coping. It is about performing under pressure.

Through a powerful mix of story, science, and practical tools, leaders learn how to:

- Turn pressure into clarity and direction
- Recover fast without losing momentum
- Stay impactful in high-stakes communication
- Lead teams through uncertainty with trust and engagement

This is not inspiration. This is a performance system.

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KEYNOTE

Performance via Resilience

What leaders gains:

Leaders don't just "feel better", they operate better.

They learn to:

- Maintain clarity under sustained pressure
- Make stronger decisions in uncertainty
- Communicate with authority when it matters most
- Build teams that stay engaged and resilient

Impact on resilience capacity:
+20%

Extend the impact

- Follow-up workshop
- Leadership coaching program
- 6-month cohort experience

How we work together

How we work together:

- Strategic briefing to define outcomes
- Tailored keynote aligned to your challenges
- Delivery focused on action, not theory

Audiences:

Executive Committees, Managers, High Potential Leaders.

Team engagement:
+15%

FR + ENG

Languages

ABOUT CÉCILE

At 21, Cécile survived a car crash that left her 45% disabled. She didn't just recover. She learned how to perform under pressure.

Today, she brings that experience into business environments where pressure is constant and performance is critical.

Credentials

- TEDx Speaker
- Best Speaker Switzerland 2015 & 2018
- Expert in resilience, mental fitness & communication

Cécile combines: Lived resilience, science-backed frameworks, real-world leadership application, so leaders don't just understand resilience they use it to perform.

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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