



Shift to connectedness

Prioritizing Authenticity to Build Trust, Engagement, and Meaningful Connection at Work

Authenticity isn't soft—it's the foundation of trust, connection, and engagement.

Helping organizations strengthen connection, trust, and engagement by empowering people to prioritize authenticity—without sacrificing professionalism or collaboration.

Shift to Connectedness equips corporate audiences with practical tools to reconnect with their authentic voice and use it effectively in workplace interactions. Janice demonstrates how authenticity—when applied skillfully—strengthens collaboration, trust, and creates a culture where people feel seen, valued, and heard.

This keynote inspires employees to show up fully and communicate honestly while maintaining respect, professionalism, and alignment with organizational goals.

Key Takeaways

- Disconnection at work reduces engagement, trust, and collaboration
- Authenticity is the foundation of strong teams and healthy culture
- Self-prioritization supports better communication—it is not selfish
- Meaningful connection improves performance, morale, and retention
- Reconnecting with ourselves enables stronger relationships with others

Audience Outcomes After this presentation, participants will:

- Recognize their authentic voice as a valuable asset to their team and organization
- Understand how authenticity enhances communication, trust, and psychological safety at work
- Learn practical strategies for expressing themselves clearly and respectfully—without people-pleasing or conflict avoidance
- Develop greater awareness of their own needs and the needs of others, improving collaboration and empathy
- Experience increased confidence, engagement, and connection in workplace relationships

Mission

Janice empowers individuals and organizations to overcome disconnection in the workplace by coaching people to prioritize authenticity—creating healthier communication, stronger relationships, and more connected teams.

Speaker

Janice is a keynote speaker, author, certified life coach, and professional counselor with over 15 years of experience helping individuals and teams reconnect with what truly matters—creating stronger relationships, healthier communication, and more connected workplaces.

“Janice embodies the concept of connectedness.” – Conference Participant, Winter 2025



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