



Robin Berning

Keynote Speaker on Authentic Living,
Grounding & Conscious Communication

Robin Berning is a keynote speaker and life coach who helps people reconnect to their authenticity, sovereignty, and inner clarity through grounding, conscious communication, and emotional safety.

Signature Topics

✓ **Earthing: Grounding as a Way of Life**

Backed by science, Earthing is a very practical tool for your grounding toolbox. As easily accessible as breathwork, Earthing is simple, powerful, and life-changing. Both the human body and Mother Earth have magnetic fields, and when they connect, the effects can be profoundly healing for both of us. It is a beautiful symbiotic relationship of love, healing, and empowerment.

✓ **Conscious Communication: Speaking Your Truth with Grace**

Effective communication is one of the keys to living authentically. As humans, we have been conditioned that speaking what feels true to us – when it doesn't align with others' opinions – is confrontational. It is not. Communication is more than an exchange of words. It is also an energetic exchange and a practice of listening to understand.

✓ **Authentic Living: Coming Home to Yourself**

Living authentically means understanding your core values and living these values without fear of judgment. Most people don't know what their core values truly are because they have lived their lives with societal and generational expectations. Robin helps people find their authenticity and guides them to step into it with integrity, grace, and clarity.

What Audiences Experience

When Robin speaks, people don't just feel inspired... they feel different in their bodies. Audiences leave her talks feeling:

- Grounded and calm
- Clear and less overwhelmed
- More connected to themselves
- Empowered to trust their inner guidance
- Safe to be who they truly are

Her talks create embodied internal shifts, not just temporary motivation.

Why You'll Love Working with Robin

- Creates emotional safety and calm instantly
- Meets people exactly where they are – without judgment
- Blends spirituality and practicality in a grounded way
- Leaves audiences empowered and grounded
- Professional, warm, and deeply present

Testimony

"Robin is an incredible woman and a gifted speaker. She has presented for us at the International Feng Shui School and brings love, light, and wisdom into every session. She is clear, articulate, and deeply engaging, with a natural ability to captivate her audience and create a space of profound peace. People leave her presentations feeling inspired, uplifted, and truly supported."
– Amanda Sophia, International Feng Shui School

Book Robin to Speak



Robina@RobinBerning.net



RobinBerning.net

