



Robin Berning

Keynote Speaker & Executive Wellness Coach

Robin helps audiences break free from overthinking through simple, always-available tools and techniques, delivered through storytelling that is as powerful as it is fun.

ICF-PCC Executive Wellness Coach

Robin meets audiences right where they are, then helps them find their way back to themselves.

Through fun, relatable storytelling, she helps audiences ditch the endless search for outside validation, trade self-doubt for self-trust, and step into a life of clarity, confidence, and authentic living.

Every audience walks away feeling empowered, grounded, and safe to be exactly who they are.

KEY TAKEAWAYS

✓ *Authentic Living: Coming Home to Yourself*

Clarity about who you really are and how to live aligned without shrinking or performing.

✓ *Communication: Speaking Your Truth with Grace & Confidence*

How to listen first, then express yourself clearly and confidently without fear or judgment or guilt.

✓ *Grounding: A Way of Life*

A simple, embodied grounding practice that you can use immediately to regulate stress and restore clarity.

"...Incredibly responsive, flexible, and thorough — and many people are already asking for your return."

— Vanessa Edmonds, Wellcare

"...helped our leadership see self-care as part of our standard operations..."

— Monica Kearney, MSW, Executive Director, Safe Space

SIGNATURE KEYNOTE

✓ *Quiet The Noise. Hear Your Truth*

How to Unlock Your Inner Wisdom, Trust Yourself, and Live Authentically.

Bring Robin to Your Event!



Let's connect to discuss your event.

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