



# EDUCATOR IN-SERVICE **ENERGIZED TO THRIVE SUMMIT**

A WORLD-CLASS EXPERIENCE THAT WILL IGNITE YOUR AUDIENCE.

*Juan Benítez*

MEET THE SPEAKER THAT WILL  
ENERGIZE YOUR AUDIENCE.

# JUAN BENDANA



Juan Bendana is a renowned speaker, author, and DJ who speaks on high school & University campuses as well as conferences internationally. He speaks to 50,000+ students, educators, and parents across Canada & the United States every year.

He is the Founder of The 100 Day Playbook, a guided Journal that helps students build better habits & optimize their life. He is also the founder of the Student Mentorship Academy, a personal growth program designed to help students thrive. He has partnered with major organizations such as Sony Pictures and helps brands connect with students in meaningful ways.

Through his message of Energy & Action, Juan creates an environment that makes both students and staff feel inspired, influential, and engaged. Juan gets people excited about engaging with their schools & communities.

His message has a lasting impact that sticks with students long term. He is a former snowboard instructor, sushi expert, and can recite every word of the Lion King.

# EDUCATOR IN-SERVICE ENERGIZED TO THRIVE SUMMIT

LIVE DJ'ING. LAUGHTER. EDGE OF YOUR SEAT STORIES. ENERGY

## IT'S TIME TO FEEL INSPIRED & CELEBRATE HOW FAR WE'VE COME.

With the last few years we have had, educators are exhausted. They are burnt out and feel like they still have so much work. Where do we find the energy?!

In this interactive keynote experience, Juan will share powerful stories, engaging activities & connection opportunities that will have the audience laughing, thinking and ultimately feeling inspired to live their best life. He will leave the audience feeling motivated to keep going all while making them feel good, appreciated & celebrated.

It's time to bring the joy so that we can share it with others. It's time to overcome the fatigue and generate more energy. It's time to THRIVE in this new world.

## KEY OUTCOMES

- Feeling motivated to keep going
- Building a growth mindset
- Learning to THRIVE through challenges
- Building social awareness
- How to build quality relationships
- Navigating the 'new normal'
- Managing emotions effectively
- Feel energized even when feeling burnt out
- Creating more JOY in day to day life
- Living a life that inspires others
- Taking care of us FIRST
- Dealing with fatigue & burn out
- How to have self-appreciation
- Building an empowering identity
- Where do we 'grow' from here?

## OBJECTIVE

*To help educators RECHARGE so that they can move forward with inspiration and joy. Give the audience encouragement and enthusiasm to keep going in their lives and truly THRIVE. Help the audience deal with exhaustion/ burn out through shifting our energy and mindset.*

