Kristel Bauer

High-Performance Keynote Speaker for Leaders & Teams in High-Pressure Environments; Burnout Prevention, Sustainable Performance & Leadership; 2026 Top Impact Speaker; Author of Work-Life Tango; TEDx Speaker; Host of Live Greatly Podcast

High-Performance Habits: Unlocking Energy, Focus, and Sustainable Success. Peak performance isn't about doing more — it's about building habits that consistently support clarity, energy, and meaningful progress. In today's fast-paced work environment, many professionals feel stretched thin as they juggle competing priorities while trying to stay focused and productive. In this energizing keynote, Kristel Bauer shares research-informed insights that help leaders and teams cultivate habits that support sustained high performance without sacrificing well-being. Drawing from behavioral science, positive psychology, and her background as a Physician Assistant with experience in Integrative Psychiatry, Kristel reveals how the right daily habits can dramatically improve focus, decision-making, productivity, and resilience. Through engaging stories, science-backed insights, and powerful strategies audiences can immediately apply, this keynote helps individuals rethink how they work so they can perform at a high level while sustaining the energy needed for long-term success. Key Takeaways Participants discover how to: Build high-performance habits that support sustained peak performance Align daily work rhythms with natural cycles of focus and creativity Strengthen decision-making and clarity in demanding environments Reduce distractions and reclaim time and attention Sustain energy and productivity while avoiding burnout Best For: Sales kickoffs, leadership conferences, performance-driven cultures, growth-focused organizations

Embracing Change: Unlocking Motivation and Momentum in Times of Uncertainty. Change is no longer an occasional disruption — it is the environment many organizations operate in every day. In this inspiring keynote, Kristel Bauer equips audiences to thrive amid uncertainty by strengthening motivation, adaptability, and growth-oriented thinking. Blending insights from behavioral science with engaging storytelling, Kristel explores how individuals and teams can shift their perspective on change, move beyond fear and perfectionism, and build the confidence needed to move forward with clarity. Audiences discover how moments of uncertainty can become catalysts for learning, innovation, and meaningful progress. Participants leave energized with actionable strategies that help them approach change with optimism, resilience, and forward momentum. Key Takeaways Participants discover how to: Reframe change as a catalyst for growth and opportunity Strengthen adaptability and confidence in uncertain environments Maintain motivation and focus during periods of transition Overcome fear, perfectionism, and resistance to change Lead teams through change with clarity and optimism Best For: Change initiatives, reorganizations, leadership development, culture transformation

Beyond Work-Life Balance: The Work-Life Tango Framework for Sustainable Success. The traditional idea of work-life balance no longer reflects the reality of today's workplace. With constant connectivity, evolving expectations, and increasing demands, professionals need a more flexible and empowering approach to sustaining both success and well-being. In this inspiring keynote, Kristel Bauer introduces her signature Work-Life Tango Framework, a modern approach to navigating work and life with greater intention, energy, and alignment. Rather than striving for perfect balance, audiences discover how to work with the natural rhythms of work and life — adjusting priorities as demands shift while staying grounded in what matters most. Through engaging insights and relatable examples, Kristel shows how intentional choices around mindset, boundaries, and daily habits can transform how individuals experience their work and lives. Participants leave inspired to approach their responsibilities with greater clarity, purpose, and alignment while creating more meaningful moments both professionally and personally. Key Takeaways Participants discover how to: Move beyond the outdated concept of work-life balance Apply the Work-Life Tango Framework to real workplace demands Strengthen energy, clarity, and sustainable performance Set boundaries that support both results and well-being Navigate remote, hybrid, and in-person work environments with intention Best For: HR audiences, well-being initiatives, hybrid work discussions, leadership events

Leadership Under Pressure: The Mindset & Habits of Sustainable High Performance. Organizations that thrive during periods of pressure and uncertainty are led by individuals who know how to sustain performance, communicate effectively, and lead with clarity in demanding environments. In this engaging keynote, Kristel Bauer shares research-backed strategies to help leaders strengthen self-leadership, elevate team performance, and develop the mindset and habits that support sustainable success, resilience, and long-term leadership effectiveness. Drawing from leadership research, psychology, and her background in healthcare and integrative medicine, Kristel reveals how small shifts in mindset, communication, energy management, and daily habits can strengthen resilience, improve decision-making, and elevate leadership effectiveness under pressure. Audiences leave with actionable insights to help them lead with greater clarity, strengthen trust and collaboration, and create resilient, high-performing team cultures that can thrive through pressure, change, and uncertainty. Audience Takeaways
Participants gain insights and strategies to: • Strengthen self-leadership habits that support sustainable high performance
• Lead with greater clarity, confidence, and resilience under pressure
• Improve communication, trust, and team connection
• Strengthen adaptability and emotional intelligence during times of change
• Elevate focus, decision-making, and leadership effectiveness in demanding environments
• Foster cultures of accountability, engagement, and collaboration
• Sustain high performance while supporting engagement, resilience, and team well-being Ideal Audiences
This keynote resonates with: • Executives and senior leaders
• Managers and emerging leaders
• Leadership development programs and high-potential cohorts

- HR and people leaders
- Healthcare and pharmaceutical leadership teams
- Financial services, technology, and corporate leadership audiences
- Conference, association, and cross-functional leadership groups

Burnout Prevention in High-Pressure Workplaces: Building Resilience and Sustainable Success. Today's professionals are often expected to perform at a high level while navigating demanding workloads, rapid change, and constant connectivity. In this energizing keynote, Kristel Bauer shares research-informed insights that help leaders and teams strengthen resilience, protect their energy, and sustain high performance in demanding environments. Drawing from behavioral science and her healthcare background, Kristel explores how mindset, boundaries, and daily habits shape how individuals experience stress and pressure at work. Through inspiring insights and actionable strategies, audiences discover how to recognize early warning signs of burnout, cultivate habits that sustain energy, and create healthier work rhythms that support both performance and well-being. Participants leave empowered to approach their work with greater clarity, resilience, and intention while contributing to cultures where people can perform at their best. Key Takeaways Participants discover how to: Recognize early warning signs of burnout Cultivate habits that sustain energy and resilience Reframe stress and pressure in empowering ways Strengthen personal well-being while maintaining strong performance Create work rhythms that support both productivity and recovery Best For: High-pressure industries, organizations experiencing sustained change, leadership and employee well-being initiatives

Finding Your Imperfect Happy: Creating Optimism, Resilience, and High-Quality Moments. In demanding workplaces, it's easy for individuals and teams to slip into survival mode — moving from one responsibility to the next while feeling disconnected from the present moment. In this uplifting keynote, Kristel Bauer introduces a powerful mindset shift: Finding Your Imperfect Happy. Instead of waiting for circumstances to be perfect, audiences discover how to work with the present moment and intentionally create more high-quality moments each day. Drawing from positive psychology, behavioral science, and insights from her award-winning book Work-Life Tango, Kristel explores how optimism, resilience, and intention can transform everyday experiences in ways that support both well-being and performance. Through inspiring stories and actionable insights, audiences learn how embracing imperfection can unlock greater fulfillment, energy, and connection at work and in life. Participants leave inspired to approach their work and lives with greater presence, clarity, and intention. Key Takeaways Participants discover how to: Understand the science behind happiness and high performance Cultivate optimism without ignoring real workplace pressures Strengthen resilience and perspective during challenges Increase engagement and presence in everyday moments Embrace the power of being imperfectly happy Best For: Culture-building events, engagement initiatives, leadership conferences, well-being programs