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Yvonne Camus

One of North America's Most Inspiring Speakers
*Inside Eco-Challenge: Lessons for Survival in Life
and Business; Living a High Performance Life*

THE LATEST: Yvonne Camus unveils her new talk, *Leading a High Performance Life*, below.

Yvonne Camus is, hands down, one of North America's most astoundingly assured speakers. On stage, to rapt attention, and rapturous applause, she has shown hundreds of organizations how ordinary people, such as herself, can achieve extraordinary things. A deeply relatable speaker, Camus interweaves her personal experiences -- three young children, two decades as a business executive, a long athletic career -- into revelatory keynotes on human performance. It is simply impossible to overstate her impact on audiences.

Camus was a participant in the Eco-Challenge, the world championship of adventure racing conceived by Mark Burnett of *Survivor* fame. (Hers was the first rookie team to complete the grueling competition.) Punchy, deeply moving, and often humorous, Camus draws on her experiences to show you how to rise to the challenges of training, preparation, and execution. In the process, she helps you to see -- and to realize -- the potential for greatness in yourself, in your co-workers, and in your entire organization.

Yvonne Camus Speech Topics

Leading a High Performance Life

Yvonne Camus delivers a talk that will make you rethink workplace pressures, stress, and what it means to lead a high performance life. Despite daunting challenges, it is possible -- in fact, it is absolutely necessary -- to achieve high performance living. Stress, relentless and unremitting, is taking an enormous toll on our health. When our bodies and minds are exhausted, we find it hard to produce creative ideas. But it doesn't have to be this way. Drawing on the latest from nutrition, exercise, relaxation, and mindset -- the four pillars of health -- Camus presents a deeply relatable talk, full of effective real life strategies: the One Minute Meditation, the Mindful Eating Plan, and others. More than just a handful of tips on how to "reduce stress," this absorbing talk will help audiences fully incorporate healthy, high performance into every aspect of their lives.

Inside Eco-Challenge: Lessons for Survival in Life and Business

In this talk, Yvonne Camus shares valuable insights about teamwork, success, commitment and enthusiasm for life, entwining them with spectacular visuals and thrilling, humorous stories. A personal fascination with the creation of performance excellence has led her to deliver talks in the areas of service, sales, motivation, teamwork, leadership and life balance that have benefited companies all over North America -- companies that have responded unanimously to her infectious spirit with loud, long, and appreciative standing ovations. A truly unforgettable presentation.
