



# carol enneking

SPEAKER • AUTHOR • ADVISOR



*Media Kit*



# Hello!

I am Carol Enneking, speaker, advisor, and author of *The Rebalancing Act: Wisdom from Working Women for Success that Matters*. Life lessons learned on my elusive quest to do, be, and have it all inspired me to share the message of rebalancing with others. Professionals today tend to be ambitious, intelligent, goal driven, and conscientious. Like me, they aim to do, be and have it all. While these are outstanding pursuits, they are also a recipe for exhaustion, stress, and burnout. Just because we are capable and have many interests and talents does not mean we should try to do everything. Yet, all too often, we become trapped in a life that is so filled with activities that we have no time left to be fulfilled. When our plans break down, for whatever reason, the difficult juggling that ensues as we try to rebalance our lives can take a toll. I am here to change this thinking! I explore common traps that may be holding people back from true fulfillment and provide realistic strategies to help them restore much needed balance in their lives. Interspersing my insights from over three decades of navigating this delicate balancing act myself, along with learnings from dozens of others I interviewed, people recognize themselves in these stories and discover practical steps to rebalance their priorities. My goal is to help people focus on what matters - and let the other things go - so they can lead a life worthy of an enduring legacy!



“Carol stands out among speakers because she relates with audiences through her vulnerability, real world examples, and personal anecdotes.”

– Laurie Kosek, VP-HR and entrepreneur through her successful *Rebalancing Act™*



### **ABOUT MY EXPERIENCE:**

- Worked in major corporations, entrepreneurial ventures as a business owner, and in collaborations with over 100 companies.
- Global experience on six continents
- Industries served include energy, utilities, oil and gas, finance, technology, and healthcare
- Most recent role: Vice President of Talent Management, Learning, and Diversity for a \$6B international building products company
- Served both inside companies as a leader and outside them as a consultant
- Roles spanned operations, marketing, and HR
- Holistic background enabled me to effectively tackle complex business challenges
- Project leadership experience includes transforming culture, leading change, managing talent, developing leaders, aligning strategic goals and creating a culture of belonging

### **ABOUT THE BOOK:**

My best-selling book, *The Rebalancing Act: Wisdom from Working Women for Success that Matters* features interviews with more than seventy men and women of all ages, along with my own Insights. I explore common traps that may hold people back from true fulfillment and provide realistic strategies to help them restore much needed balance in their lives. Interspersing my insights from over three decades of navigating this delicate balancing act myself, people recognize themselves in these stories and discover practical steps to rebalance their priorities.

### **ABOUT MY SPEAKING:**

As a transformational speaker, my unique blend of wit, wisdom, practicality, and creativity inspires people to focus on success that matters so they can lead a life worthy of an enduring legacy. Audiences identify with my depiction of the challenges they face showing up effectively in many different roles.

### **ABOUT MY FAVORITES:**

My greatest joy is my family – my husband Eric, children Bradley, Bethany, bonus daughter, Alyssa, and the world's best dog, a Great Pyrenees named Molly. Favorite things (in no particular order): family, live music, chocolate, Great Pyrenees, 70s and 80s song lyrics, ice cream, traveling, trivia, faith, and history.

### **ABOUT MY PURPOSE:**

To be a difference maker, encouraging people to surrender, trust, and have faith so they can rebalance, thrive, and focus on success that matters.



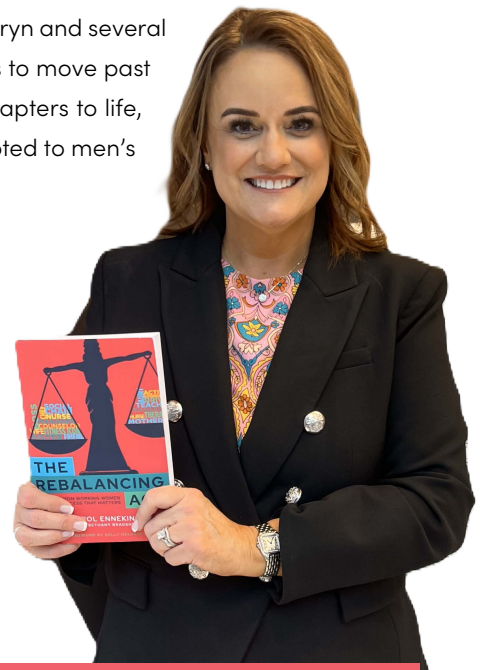
## AUTHOR OF THE REBALANCING ACT

**THE BACK STORY:** My mentor encouraged me to write a book many years ago. I filed that away in my back of my brain to do that if life ever calmed down. I figured it might never happen, but I never forgot about it. Fast forward fifteen years and a lot of life changes later, and I made a bold decision to embark on a journey to focus on writing and speaking. I contacted my best childhood friend, who had already written 16 books, and asked her to help me. She made the process so much easier, and a lot of fun.

**THE CONCEPT:** I wanted to write about my journey through working motherhood and all the ups and downs I experienced trying to juggle many different roles. I especially wanted to share the life-altering experiences that caused me to completely rethink my definition of success and trying to have it all. I knew what lessons I had learned, but also that I did not have all the answers. I thought about women I admire who seem to have successfully balanced their careers with other aspects of their lives, about women starting or building their careers who seek this knowledge, and about men's perspectives on this. I interviewed over 70 of them so I could share their experiences as well. It is not just a business book - it is a book about life. Along with telling my own story, the perspectives of those I interviewed are shared. Common themes about how women typically show up at work molded into seven fictional archetypes. From Overloaded Olivia to Cool Camryn and several others in between, I explore the traps that can result and provide techniques to move past the traps. Stories from the experiences of those I interviewed bring these chapters to life, filling them with relatable examples for readers. There is also a chapter devoted to men's perspectives on these issues, and how they can support the women in their lives.

**THE GOAL:** I want to encourage all women to know they are not alone, that there are people all over who have faced similar struggles, and that they can make some adjustments that will help them reduce stress and increase fulfillment. The book is filled with techniques to get past the traps we encounter, so we can focus on fulfillment and success that matters.

**THE END RESULT** *is more than just a book. It's a movement!*



Working women have an equilibrium problem. We have more choices than ever about how we spend our time, but having choices does not mean we can avoid making choices. Yet so many of us fall into the trap of trying to do, be, and have it all. And I am not even totally sure what "it" even is! We can become trapped by expectations of others and ruled by thoughts of doing what we should do, ought to do, or are expected to do, rather than what brings us joy and fulfillment. We are so filled with things to do, staying so busy that we have no time left to be fulfilled. And if things go wrong, and life throws us curve balls, we have no space in our lives to deal with these things.



# Speaking Topics

## THE REBALANCING ACT:

### JUGGLING LIFE WITHOUT DROPPING YOUR SANITY

In this highly interactive, inspirational talk, Carol shares how to rethink the power dynamic of balance, which is critical to fulfillment. The audience will learn how to choose what matters, let go of the rest, and will leave with practical tools to help them create the life and lasting legacy they desire.

## FROM PAYCHECK TO PASSION:

### UNLOCKING A CAREER YOU ACTUALLY LOVE

In this powerful keynote, the audience will discover how to bring more of their unique talents to the forefront while making a positive impact. Carol will encourage employees to take an active role managing their career development by clarifying their values, interests and long-term career goals instead of leaving their career pursuits to chance.

## CONFIDENCE, CHARISMA & C-SUITE CREDIBILITY

In this thought provoking talk, Carol helps the audience discover how to show up authentically and effectively in high-stakes situations. She will share leadership techniques that can transform your executive presence. The audience will leave with practical ideas to apply these concepts in their professional lives.



“Carol is a powerful and impactful speaker. Her ability to share personal stories while also giving an audience tangible takeaways to improve their lives at work and home comes from decades of personal experience, challenges, and victories.”

*Tricia Brouk,  
Award winning director,  
author, producer and Founder of  
The Big Talk Academy*



*As seen on...*



**FEATURED SPEAKING ENGAGEMENTS:**

- Association of Talent Development (ATD) Houston Chapter
- Greater Houston Women's Chamber of Commerce
- Houston Energy & Climate Week
- HR Houston
- KPMG
- National Oilwell Varco (NOV)
- Phillips 66
- Roberts Markel Weinberg Butler Hailey PC – Attorneys and Counselors at Law
- Society of Human Resource Management (SHRM) International Conference & Exposition
- SPEAK: Impact
- Westlake Chemical

**FEATURED PODCAST APPEARANCES:**

- Culture Club HTX with Leisa Holland-Nelson Bowman and Shavannah Roberts Schreiber
- InnovaBuzz with Jürgen Strauss
- Sisterhood of S.W.E.A.T. with Linda Mitchell
- The Best Next Step with Cass McCrory
- The Big Talk with Tricia Brouk
- The Biz Book Publishing Hub Podcast with Robbie Samuels
- The Other Side of Potential with Sharon Spano
- The Profitable Writer with Kent Murphy
- #12minconvos with Engel Jones

**IN THE NEWS**

- Fox4 Dallas/Fort Worth
- Fox26 Houston
- Authority Magazine
- Brainz Magazine
- Medium
- The Buzz Magazine





# Rebalancing Revolution

I created Rebalancing Revolution in response to readers of my book, *The Rebalancing Act*, who wanted to continue the conversations the book inspired. Rebalancing Revolution is a gift to help women create the legacy they desire.

**The Rebalancing Revolution is for busy working women who want to connect with a collaborative group to help them orchestrate their own Rebalancing Acts to achieve success that matters.**

For women who have ever feel like they are going alone.

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*For women who have wished they had a safe space to get career advice...help coaching through a difficult situation...ideas to face personal challenges...a supportive group of women to encourage them.*

## WHAT MAKES THE REBALANCING REVOLUTION DIFFERENT

Do you ever feel like you're going it alone? Have you wished that you had a safe space to get career advice, help being coached through a difficult situation, ideas to face personal challenges, and a supportive group of women to encourage you? Then join the Rebalancing Revolution! Designed for busy working women, this collaborative group will help you orchestrate your own #RebalancingAct so you can achieve success that matters.

Give yourself the gift to help you create the legacy you desire, give yourself the gift of rebalance. Enjoy opportunities for luxury wellness retreats, referrals to expert resources, and career coaches. Opportunity for meet ups based on special interests. After all, how can you be your best for all those who you care about if you have no time to recharge yourself?

**JOIN THE REVOLUTION!**



*Let's Do This*



If you are ready to connect about a collaboration,  
contact me at [info@carolenneking.com](mailto:info@carolenneking.com).

All the best,

*Carol*