

## LEADERSHIP THAT SUSTAINS PERFORMANCE

### Without Burning Out Your Best People.



#### Leadership Doesn't Have to Cost You Everything.

Carol Enneking helps organizations stop burning out their best people by teaching leaders how to rebalance ambition, expectations, and well-being without sacrificing performance.

A former executive at a \$6B global manufacturing company, Carol has partnered with leaders in more than 150 organizations worldwide. After years of coaching executives, she stepped into senior leadership herself, gaining rare insight into the real pressures leaders face and the unintended consequences of how success is defined.

Her work challenges outdated leadership norms and equips leaders to pursue success that truly matters — for their people, their organizations, and their own lives.

#### A Leadership Message With Global Reach

Carol is the best-selling, award-winning author of *The Rebalancing Act*, a framework originally rooted in the experiences of working women and now widely applied to leadership, culture, and organizational sustainability.

Her message has reached a global audience through her Oxford Talk filmed at Oxford University, which has surpassed 1.8 million views and is the most-viewed talk in the history of the Oxford Talks platform.

As the founder of Rebalancing Revolution™, Carol works with leaders and organizations ready to move from burnout and overextension to intentional, sustainable performance.

Carol's speaking engagement on unlocking career growth and fulfillment was nothing short of exceptional.

I highly recommend Carol as a speaker. She is a wonderful, knowledgeable partner and a pleasure to work with.

*Pooja Patankar, HR Talent Management,  
Phillips66*

Carol Enneking was an outstanding speaker at our leadership conference. She engaged our leaders through meaningful reflection, discovery, and application of ideas. Carol reinforced our central themes with clarity and impact, leaving our leaders inspired and better prepared to take action."

*Steve Hernandez, VP of Organizational Development,  
PetroLedger*

#### SIGNATURE MESSAGE: THE REBALANCING ACT™

The Rebalancing Act is Carol Enneking's flagship leadership framework — a reset for ambitious professionals and organizations navigating pressure, complexity, and constant demand.

It challenges the myth of work-life balance and introduces rebalancing as a leadership capability — one that allows people to sustain performance without losing themselves or their teams.



SOCIAL

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Medium





## • SPEAKING TOPICS •

### SIGNATURE MESSAGE: **THE REBALANCING ACT:**

#### **Leading Without Losing Yourself**

**Redefine balance. Reclaim your energy. Lead with purpose.**



In this keynote, Carol draws on lived executive experience, research, and candid storytelling to show leaders how rebalancing works in practice. Rather than asking leaders to do less, she helps them lead differently – especially in highpressure seasons. Audiences will learn how to:

- Recognize early signs of burnout before performance drops
- Reset expectations without lowering standards or accountability
- Rebalance priorities during high-demand periods
- Align daily decisions with what actually matters

#### SECONDARY TALKS: **1. Don't Burn Out Your Best People: A New Leadership Playbook**

A leadership-focused session examining how everyday habits, cultural norms, and unspoken expectations drive burnout – and what leaders can change to protect engagement and retention.

#### **2. Success That Matters: Rebalancing Ambition in High-Pressure Lives**

A keynote for high achievers navigating the tension between external success and internal fulfillment, offering a grounded approach to redefining success without starting over.

#### **3. Real Presence: Influence from the Inside Out**

A practical reframing of executive presence that helps leaders influence with clarity, confidence, and alignment – without performance or ego.

### **Why Corporations Book Carol**

*Carol's leadership messages don't just inspire – they initiate change.*

Organizations bring Carol in when they want leaders who can sustain performance under pressure, retain top talent, and lead with greater clarity and humanity. Whether on the mainstage or in a leadership development setting, Carol equips people with tools they can apply immediately – and return to long after the event ends.

Organizations book Carol to help leaders:

- Identify and interrupt leadership behaviors that drive exhaustion and overfunctioning
- Reclaim time and energy during high-pressure seasons without losing momentum
- Build a personalized Rebalancing Blueprint™ that supports focus, alignment, and impact

**BOOK CAROL TO SPEAK:** [info@carolenneking.com](mailto:info@carolenneking.com)

