

# Jackie Roby

## International Speaker, Sustainable Success Strategies

As an Executive Leadership Advisor, Jackie Roby develops the leaders organizations will depend on tomorrow - accelerating C-suite readiness in high-potential talent through her Fulfillment Formula™. A Latina who lives with depression, anxiety, and C-PTSD, she brings both professional expertise and lived experience to help leaders find their inner calm and create lives that actually feel good to live.

Specializing in supporting women of color in male-dominated industries, Jackie has spoken across Dubai, Ibiza, Mexico, and the US, chairs the Global Wellness Institute's Inclusive Wellness Initiative, and co-authored the book "Confident You: Raw Conversations". She's been described as "the magic and the light that others want to be close to."



### Talks & Workshops That Inspire:

When High Performers Go Quiet: The Hidden Cost of Self-Silencing at Work

- Eliminate decision paralysis through three proven mindfulness techniques
- Make confident decisions aligned with your values faster

From Overthinking to Strategic Leadership: Fixing Decision-Making Under Pressure

- Transform survival mode into intentional, joyful daily living
- Reclaim time and energy without sacrificing your performance

The C-Suite Thinking Gap: What High Performers Need to Become Executives

- Learn billionaire mindset shifts for executive-level leadership success
- Build C-suite presence while enhancing your wellbeing

Breaking the Dream Ceiling: What's Limiting Innovation in Your Team

- Shift from status quo thinking to strategic vision
- Inspire breakthrough ideas instead of playing it safe

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### Connect:



# When High Performers Go Quiet

## The Hidden Cost of Self-Silencing at Work

### Session Description

Studies prove that high-pressure, anxiety-producing situations lead to lower performance on cognitively demanding tasks. When your leaders are stuck in analysis paralysis, critical decisions stall, strategic thinking suffers, and self-doubt undermines executive presence.

The hidden cost is slow productivity, delays in innovation, and a cycle where talented employees question their capabilities and career trajectory.

The solution isn't managing pressure – it's addressing what fuels indecision: self-doubt. This session teaches your team to quiet internal noise and reconnect with their strategic intuition through three proven steps: being cognizant, staying curious, and choosing with clarity.

### Key Takeaways

1. Three practical tools to eliminate analysis paralysis immediately.
2. Techniques to retrain your brain for clearer decisions.
3. Methods to reduce anxiety and increase cognitive performance.

*Sessions are interactive, can be expanded into workshops, and curated to align with your organization's needs*

# From Overthinking to Strategic Leadership

Fixing Decision Making Under Pressure

## Session Description

High-performing professionals are drowning in decision fatigue. Studies show that 80% of our thoughts are negative, and when overwhelmed, our brains default to survival mode. This diminishes strategic thinking, creativity, and leadership effectiveness. This isn't a personal failing; it's neuroscience.

The challenge is that leaders are making critical decisions from a state of chronic stress rather than strategic clarity. This impacts everything from team dynamics to organizational culture to bottom-line results.

In this session, participants discover how to interrupt the overwhelm cycle that compromises decision-making and drains leadership capacity.

## Key Takeaways

1. Recognize your body's stress signals before they derail performance
2. Calm your nervous system in under 10 seconds
3. Make strategic decisions from clarity, not survival mode

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# The C-Suite Thinking Gap

## What High Performers Need to Become Executives

### Session Description

Replacing a leader costs 200% of their salary, yet 82% of employees cite lack of advancement as their reason for leaving – and 42% of that turnover is preventable.

Bridge the gap with three practices top executives use to sustain peak performance that aren't taught in traditional leadership development. This session reveals the hidden strategies behind sustainable executive success, the counterintuitive approaches that accelerate C-suite readiness while reducing costly turnover.

Discover what separates good managers from exceptional leaders, why conventional corporate wisdom keeps high-performers stuck, and how to build leadership pipelines that retain and elevate your most valuable talent.

### Key Takeaways

1. Framework to optimize performance through strategic rest, not overwork
2. Network expansion strategy that drives innovation across industries
3. Evidence-based practices top executives use to sustain excellence

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# Breaking the Dream Ceiling

## What's Limiting Innovation In Your Team

### Session Description

U.S. companies lose \$450–550 billion annually due to disengaged employees – much of it from untapped potential. This session reveals how unconscious mental patterns create invisible "dream ceilings" that limit innovation and performance.

Through neuroscience-backed techniques, participants learn to identify limiting narratives, leverage mindfulness to rewire neural pathways, and shift from anxiety to possibility thinking. Leaders discover how cultural conditioning and unhelpful thought patterns restrict strategic vision, then master practical tools to break through barriers.

Participants leave with actionable frameworks for fostering creativity, making aligned decisions, and cultivating workplace cultures where innovation thrives.

### Key Takeaways

1. Identify limiting mental patterns sabotaging innovation and strategic thinking
2. Neuroscience-backed tools to shift from status quo to possibility
3. Actionable frameworks for fostering creativity and aligned decision-making

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