



Renée Dineen

Speaker Profile

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Bio

Renée Dineen is an international thought leader playing at the intersection of business, psychology and well-being. She describes herself as a recovering work-a-holic and 'doing' addict who left her 7-figure executive leadership role in Biotech to give herself a genuine shot at doing work that mattered most to her heart, and to do that work without sacrificing all the other parts of her life.

In 2015 she founded a boutique consulting firm that supports global clients coaching, consulting, and transformational leadership events. Renée is known for her ability to inspire leaders and teams to develop themselves while retaining their humanity and authenticity in the face of challenge and change.

In 2019 Renée took her personal story to the Tedx stage where she demystifies our culture's obsession with busyness and doing. Her talk called Authentic Inaction™ Undoing the Doing in A Do Crazy World, has reached over 500K views. Renée is on a mission to revolutionize the way we work, play & relate to one another and our purpose. By learning how and when to take Authentic Inaction™, we can say no to the wrong things and yes to the right things, thus showing up healthier, happier, and more authentic in all areas of our lives.

Renée has been featured on several podcasts, presented on many global stages, and published dozens of articles on the topics of leadership and personal growth, several of which have been featured in publications such as Fortune, Financial Times & Elephant Journal. She is co-authoring a book called The Art & Truth of Transformation for Women which will be released this Fall!

Renée lives in California with her husband and two children whose family ritual is traveling--58 countries and counting!

Speaking Topics:

- **Authentic Inaction™:** Undoing the Doing in a Do-Crazy World
- **Turning Meaning into Momentum:** Learning to say no so we can say hell yes!
- **Thriving in Teams:** From Overwhelmed to Overjoyed
- **Leading Whole:** Valuing the Masculine and Feminine in Us All

Testimonials:

"What Renée does and how she does it brought out what was most important and the promise of what we, as a leadership team, can truly achieve together."
-MyoKardia Leadership Summit

"Renée inspired a room full of incredibly successful people to be better humans."
-BioMarin Leadership Summit

"Renée spoke at the Women in Tech conference and was by far my favorite, and I attended over 20 sessions! Her story, authenticity, vulnerability and concepts were both inspiring and applicable to my personal and professional life. I left her talk feeling like something was going to be very different about my life going forward. Different and so much better."
-Conference Attendee