

*Aria Johnson*

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# Speaker Guide

**2024 Keynote**

**Peak Performance:  
Minus The Burnout**



# Peak Performance: Minus the Burnout

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## Stress in the Workplace: A Costly Reality

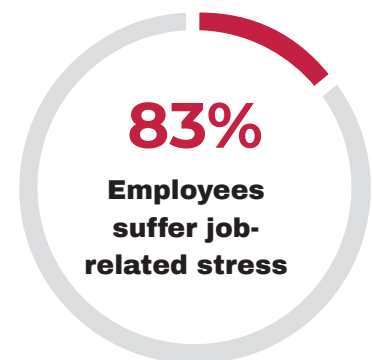
Work-related stress is not just a common issue—it's a costly one. A staggering **83% of employees** suffer from job-related stress, leading to an **annual loss of \$300 billion in productivity**<sup>1</sup>. Beyond presenteeism, where employees are physically present but mentally absent, Harvard Business Review highlights a loss of 550 million workdays annually due to burnout. This doesn't just affect your bottom line - it profoundly impacts your employees' health, wealth, and relationships, with recovery times from burnout averaging **12-18 months**.

**We offer Real Solutions.**

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**Aria Johnson tackles these challenges head-on, delivering actionable solutions that enhance both corporate bottom lines and personal well-being. She's a must-hire speaker!**

Tanyette: Meeting Planner - Regal Resilience Conferences



1. American Institute of Stress

## KEYNOTE PRESENTATION & WORKSHOPS

### Tailored to Your Needs

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Aria doesn't believe in a one-size-fits-all solution. Before every engagement, she works closely with you to understand your company's unique culture, goals, and challenges. This ensures that her speech directly addresses the issues that matter most to your team.

### A Catalyst for Transformation

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Aria is more than a speaker; she's a beacon for those striving not just to succeed, but to do so sustainably. Her passion is infectious, her methods effective. With Aria, transformation is not just a possibility—it's a promise.

### Concrete Tools for Lasting Change

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Forget fluffy motivational speeches. Aria delivers hard-hitting strategies grounded in the VOICE framework (Vision, Optimization, Inspiration, Compassion, and Empowerment) offering strategies to:

- Silence inner critics and cultivate self-confidence.
- Manage emotions and build unshakable resilience.
- Optimize your body for peak performance through healthy habits.
- Embrace self-compassion and build supportive relationships.
- Set boundaries and reclaim control of your schedule.

## KEYNOTE PRESENTATION & WORKSHOPS

### Aria's Engaging Style

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Aria's style is both **joyful and inspiring**, but also **direct and to the point**. She tackles tough topics like limiting beliefs and dives deep into the mental and physical sides of wellness. Her personal battle with a severe health crisis adds depth to her message.

Her lessons create a space of vulnerability where **audiences feel heard, seen, and understood**. She highlights the importance of recognizing burnout signs early and taking proactive steps to recover.

### What You'll Learn with Aria

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- **Science-Backed Techniques:** Master strategies to reduce stress, enhance emotional well-being, and manage life's pressures.
- **Relationship Building:** Develop techniques for fostering stronger relationships and creating supportive networks.
- **Focus and Mindfulness:** Learn to improve concentration and cultivate deep feelings of gratitude and compassion.
- **Personal Growth:** Discover the keys to unlocking your full potential and embracing a fulfilling life.



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## Takeaways

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- **Crack the Code to Well-being:** Discover the secrets to cultivating a sense of calm and inner peace in a world that often feels chaotic.
- **Forge a New Path:** Learn practical strategies to identify and overcome personal roadblocks that may be hindering your progress.
- **Build a Supportive Ecosystem:** Strengthen your social and professional circles with effective relationship-building techniques.
- **Ignite Your Spark:** Learn how to unlock and utilize your hidden potential for a life of purpose and achievement.

## Benefits

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- **Resilience and Calm:** Experience increased resilience and discover a newfound sense of calm.
- **Enhanced Self-Awareness:** Achieve a clearer vision for your future with improved self-awareness.
- **Stronger Relationships:** Enjoy stronger, more supportive relationships in both personal and professional spheres.
- **Renewed Motivation:** Rekindle your drive to achieve your goals with a renewed sense of purpose.

## Beyond Information

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**You're Investing in Transformation.** When the audience implements just 5% of what they learn, the results will be immediate: increased success, happiness, health, and stronger relationships.

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## Aria Delivers Every Time

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Whether addressing an intimate group or a stadium, Aria brings the same energy and prowess of a keynote speaker while also injecting the intimate connection of a mentor. Join her on a life-transforming journey of self-discovery and healing. Your future self will thank you.

## Aria Johnson: A Force in Entertainment

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Celebrated Television Personality, Consultant to the Stars, Best-Selling Author, and Host of the top-rated podcast, “Behind The Glitz.” She is best known for her starring role on the hit show “Beverly Hills Pawn,” where she appeared for five seasons with over 20 million viewers per episode in 83 countries, and Discovery Channel’s “Nature is Fly.”

Drawing on her experience as a former touring recording artist, Aria devoted her career to Artist Development, helping pop stars achieve their potential without burning out. Her team’s efforts resulted in over 50 million album sales.

## From Despair to Empowerment

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Aria’s keynote reflects on hitting rock bottom in 2018 with a mysterious and debilitating health condition that almost killed her. The illness, a result of burnout, stripped away everything she held dear, including her cognitive function and even her voice. It took five years, 12 diagnoses, 23 doctors, and thousands of pills before she realized that the keys to getting better started and stopped with her. Her story is a reminder that no matter how tough life may get, we all have the strength within to rise above it and thrive.

Now Aria brings the research, the lessons, and the action steps to help you prevent and overcome burnout so you can perform at a peak level, increase your wealth, health, and improve your relationships.

# Book Aria for your event

## Let's Keep it Easy: Your Success is Our Priority

Aria's goal is to make working with her as easy and customized as possible!

- **Pre-booking calls** ensure a smooth and personalized experience.
- **Prep documents** provide valuable insights and talking points.
- **Intro videos and social media posts** create a pre-event buzz and build anticipation.
- **Mixing and mingling with participants** fosters a sense of connection and personalization.
- **Closing song included upon request:** Leave a lasting impression with an uplifting performance.
- **E-Book:** Covering the action steps, for every attendee.
- **Optional Add-Ons:** Enhance your event by adding a VIP lunch, fireside chat, breakout session, or even a cocktail hour mini-concert to a keynote!

**Connect with us today and let's get started,  
We can't wait to hear from you!**

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