

BIO:



Desi Payne is a leading authority on workplace culture, stress management, and team engagement. As an award-winning international keynote speaker, she equips professionals with actionable strategies to “Make Your Current Job Your Dream Job,” even when stress and pressure are high. Desi’s expertise is rooted in her 35-year career in the hospital industry, her successful journey as a business owner and entrepreneur, and her personal triumph as a cancer survivor. This real-world experience gives her a deep understanding of the challenges facing today’s leaders and teams.

Desi has delivered keynote presentations, workshops, and trainings in 28 states and internationally, impacting hundreds of organizations, including industry leaders like *Utah & North Dakota School Nutrition Association*, *Farm Bureau Insurance*, *Century 21*, *Kinseth Hospitality*, and *McLeod Health*. Her reputation for combining actionable content with humor and memorable storytelling has made her a sought-after speaker for conferences, corporate events, and leadership retreats.

As a certified John Maxwell Leadership Trainer, Desi brings world-class leadership principles to every stage and has had the privilege of sharing the spotlight with legendary leaders such as John C. Maxwell. She is also a regular TV personality on the lifestyle program, *Hello Iowa!*

She is the host of *The Energized Leader* podcast, where she interviews exceptional leaders across America, providing listeners with practical, real-life strategies for inspiring teams and transforming workplace culture. Desi is also the author of three books—*Manage Stress Without Losing Your Mind*, *Give Me Some Chocolate...I’m Stressed!*, and *Do You Work with the Living Dead?*—which are celebrated for their humor, insight, and immediate applicability to real-world challenges.

Desi's approach blends research-backed frameworks with authentic storytelling and interactive engagement, ensuring every audience walks away empowered and equipped for change. Whether she’s speaking to frontline staff, corporate managers, or C-suite executives, Desi Payne is the speaker who turns every keynote into an unforgettable, energizing experience that sparks growth and lasting impact. To learn more, visit DesiPayne.com.