

BIO:



Desi Payne is a dynamic and high-energy international motivational keynote speaker, author, and leadership trainer who helps overwhelmed employees and leaders beat burnout, reduce stress, and build a positive workplace culture that drives stronger engagement and performance. With more than 35 years of experience as an entrepreneur, patient advocate, customer service and leadership trainer, and award-winning entertainer, Desi brings a rare mix of credibility, energy, and practical insight to every audience.

Desi has delivered keynote presentations, workshops, and training in 28 states and three countries, impacting hundreds of organizations, including industry leaders like *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. 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?*

As host of *The Energized Leader* podcast and a regular guest on the lifestyle television program, *Hello Iowa!*, Desi continues to inspire teams with strategies they can put into action right away.

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.