

**Helping leaders create a culture  
of connection, where people -  
and performance - thrive.**

**HUMAN CONNECTION EXPERT • LEADERSHIP SPEAKER  
AUTHOR**

**SHANNON  
TALBOT**





# A NOTE FROM SHANNON

## *Why Your Audience Matters Most*

First off, thank you. Choosing a speaker for your event isn't easy. There are so many options out there, and I don't take it lightly that you're considering me. I know how much time, energy, and budget goes into creating a meaningful event and I'm here to help make sure it pays off.

When you bring in a speaker, it's not just about filling a slot on the agenda—it's about creating a moment your audience will remember. And let's be honest, they probably won't remember the lunch menu. But they will remember how they felt. What insights shifted their thinking. And whether they walked away with tools they could actually use the next day.

My approach is simple: it's never just about delivering a great talk—it's about making a meaningful impact. Every keynote, workshop, or session I deliver is built around the people in the room. What do they need? What are they navigating right now? And how can I help them walk away with clarity, confidence, and tools they can actually use? This isn't about high-energy hype or surface-level motivation. It's about creating real connection and lasting value your audience will remember and act on.

From pre-event planning to follow-up resources, I work closely with you to understand your goals and make sure the message sticks. Whether I'm speaking to 50 people or 500, my job is to make them feel seen, supported, and ready to take action.

Inside this proposal, you'll find everything you need to decide if I'm the right fit for your audience. And if you have questions or want to brainstorm ideas, my door's always open. Feel free to reach out at [info@shannontalbot.com](mailto:info@shannontalbot.com) or 416-434-6073. I'd love to chat.

Here's to creating something powerful together.  
Shannon



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# Leaders are facing challenging times dealing with workforces that are...

**50%**

burnt-out

**23%**

engaged

**25%**

lonely  
(remote workers)

**\$500B**

cost of lost productivity





**AUTHENTIC.  
IMPACTFUL.  
ENERGIZING.**

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# Shannon’s Programs Help Professionals:



Feel a stronger sense of belonging



Increase their engagement



Manage stress and uncertainty better

## Which Results In:



Higher productivity



Improved retention



Enhanced team resilience

## By Equipping Participants To:



Communicate openly



Embrace challenges



Thrive as a team





# WHO IS SHANNON TALBOT?

Shannon Talbot is a **Human Connection Expert, Leadership Speaker**, and **Author** who helps leaders foster happier, healthier, and more engaged workplaces. With over **15 years of international corporate leadership experience** across financial services and advertising, Shannon has driven transformative initiatives across the Americas, earning a reputation for her ability to energize teams and create cultures of trust and collaboration.

As the author of the acclaimed book **Breaking Free: Stop Holding Back, Start Being You**, Shannon combines relatable storytelling with actionable insights, inspiring professionals to embrace authenticity and unlock their full potential. Her expertise has been featured on **Breakfast Television, CHCH, CBC Radio, Chatelaine, Today's Parent**, and **Thrive Global**, positioning her as a trusted voice in leadership and workplace engagement.

Armed with an **MBA from the Schulich School of Business** and certifications in **transformational coaching and emotional intelligence**, Shannon blends academic knowledge with real-world experience to deliver fresh, dynamic perspectives to her audiences. Her unique ability to connect with people at all levels has made her a sought-after speaker, workshop facilitator, and thought leader.

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# TOPICS





# LEADERSHIP LESSONS FROM PRISONERS

*Real lessons in vision, accountability and support.*

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# LEADERSHIP LESSONS FROM PRISONERS

*Real lessons in vision, accountability and support.*

What can a prison environment teach us about leadership? More than you might think.

Stripped of titles and distractions, the men Shannon Talbot mentors in a medium-security prison model a version of leadership rooted in self-awareness, vulnerability, and responsibility. In “Leadership Lessons from Prisoners,” Shannon draws on 15+ years of corporate leadership and powerful stories from behind the walls to show what’s possible when leaders make time for vision, take full ownership of outcomes, and surround themselves with the right support.

Leaders walk away with practical insight into how vulnerability builds trust, how accountability fuels meaningful progress, and how support systems turn potential into real change.

It’s an unexpected and deeply human reminder of what leadership looks like at its best.

## Participants will walk away with:

**A renewed understanding of how setting a clear, shared vision drives alignment and performance.**

**A modern definition of accountability—taking responsibility for results, not just effort—and how to model it as a leader.**

**A framework to identify and build the support systems needed to lead with clarity, courage, and authenticity.**



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# THE CASE FOR YOUR 9-TO-5 FAMILY

*Why Connection is the Culture Strategy You've Been Missing*





# THE CASE FOR YOUR 9-TO-5 FAMILY

*Why Connection is the Culture Strategy You’ve Been Missing*

In this powerful, story-rich, and practical keynote, Human Connection Expert Shannon Talbot challenges outdated norms of workplace professionalism. Drawing from her early leadership experience at Scotiabank—where fun and belonging drove results—she makes the compelling case that connection is not a soft skill; it’s a leadership strategy.

Through her 5-part Connection Blueprint, Shannon equips leaders to build cultures where people feel seen, supported, and inspired to stay, not just for the job, but for the people. This talk is a rallying cry to rethink professionalism, rehumanize the workplace, and lead with the heart as well as the head.

Imagine how much more your team could accomplish if connection became their superpower.

**Participants will be able to:**

**Strengthen trust to improve engagement, retention, and cross-team collaboration.**

**Identify and address hidden friction points that quietly drain morale and performance.**

**Use connection as a lever for accountability, innovation, and real results.**



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# THE LEADERSHIP FUEL NO ONE TALKS ABOUT

*How vulnerability powers performance, well-being, and sustainable success*

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# THE LEADERSHIP FUEL NO ONE TALKS ABOUT

*How vulnerability powers performance, well-being, and sustainable success*

Burnout isn't just a buzzword—it's a business problem with a very human cost. With 82% of employees at risk (Mercer, 2024 Global Talent Trends), burnout impacts engagement, well-being, and retention, creating ripple effects organizations can't afford to ignore.

This energizing session reveals how “quiet quitting” often starts with quiet suffering—and what leaders can do to prevent it. Shannon shows how vulnerability, real conversations, and human connection are the overlooked tools for fueling both well-being and performance.

What could your workforce accomplish if burnout weren't holding them back? Success and well-being don't have to be trade-offs—they can go hand in hand.

**Participants will be able to:**

**Spot burnout before it derails your team.**

**Build trust through small acts of vulnerability.**

**Use personal storytelling to spark connection and cultural change.**



PARTIAL CLIENT LIST:

# TRUSTED CLIENTS





## TESTIMONIALS:

WHAT SOME OF OUR  
CLIENTS ARE SAYING

“Thank you, Shannon, for participating in our Mental Health Awareness Campaign at Nestlé Canada! It was an inspiring and educational workshop on Burnout that resonated with all our employees & which brought people together in a new way. Your examples were relatable and inspiring – thank you, thank you!”

*Maria Serraino, Nestle*



“To keep our focus on well-being we had Shannon join our leadership team meeting to inspire and motivate our leaders to put their oxygen mask on first! Shannon showed great vulnerability in sharing her personal journey along with practical strategies to support our well-being both at work and at home. Shannon was able to facilitate a larger group ~45 in a virtual environment using different ways to engage the audience.”

*Rebecca Charbonneau, VP, HR, Colliers*

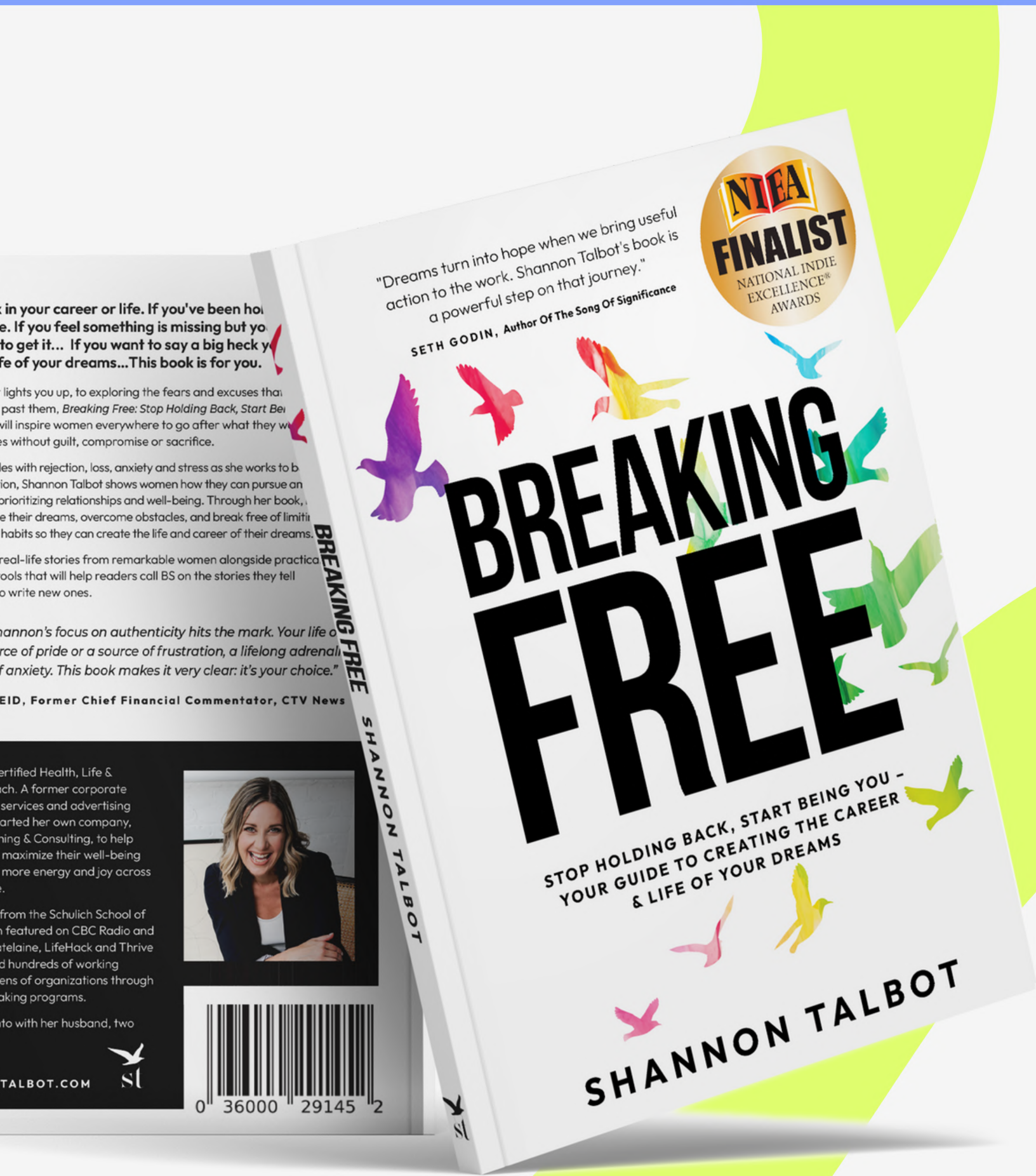


“We had Shannon come in and deliver a keynote for one of our Director’s Offsites on Beating Burnout. Coming from the corporate world, Shannon understood the challenges our participants faced and through her energy and passion, she kept them highly engaged. Plus she had them walking away with practical tools and tips to improve their well-being at work.”

*Tiffany Wilson, Director, CGI*

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# BREAKING FREE

*Stop holding back, start being you*

“Dreams turn into hope when we bring useful action to the work. Shannon Talbot’s book is a powerful step on that journey.”

*-Seth Godin, author of The Song of Significance*

All audiences have the opportunity to purchase copies of Shannon’s book at a preferred group rate.

To learn more and place your order, please contact Shannon at:

✉ [info@shannontalbot.com](mailto:info@shannontalbot.com)  
☎ 416-434-6073



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## TO BOOK SHANNON

To learn more about Shannon's programs  
or to book her keynote services, please  
contact her outlining your request at:

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