



Amy Leneker

USA TODAY & PUBLISHER'S WEEKLY BESTSELLING AUTHOR
GLOBAL SPEAKER & TRAINER
FORTUNE 100 LEADERSHIP ADVISOR

THE CENTER FOR JOYFUL WORK

Hello! I'm Amy.

USA TODAY & PUBLISHER'S WEEKLY BESTSELLING AUTHOR
GLOBAL SPEAKER & TRAINER | FORTUNE 100 LEADERSHIP ADVISOR

I'm an optimistic, joy-seeking, recovering workaholic—and the Founder and CEO of the Center for Joyful Work. I've helped more than 100,000 leaders and teams—including those at Fortune 100 companies—lead with less stress and more joy.

I've delivered over 250 keynotes around the world. I'm also the author of the national research study, *The State of Stress and Joy at Work 2026*, and the instant national bestselling book *Cheers to Monday: The Surprisingly Simple Method to Lead & Live With Less Stress & More Joy* (Wiley, 2026).

My work blends research, real-world leadership experience, and practical tools to help leaders, teams, and entire organizations have less stress and more joy at work—and beyond.



BIOGRAPHY

Stats at a Glance

Amy Leneker is an optimistic, joy-seeking, recovering workaholic—and the Founder and CEO of the Center for Joyful Work.

- Delivered over **250 keynotes**
- Trained over **100,000 leaders and teams**
- Leadership advisor to **Fortune 100 companies**
- **USA Today & Publisher's Weekly Bestselling author of *Cheers to Monday*, *The Surprisingly Simple Method to Lead and Live with Less Stress and More Joy* (Wiley, 2026)**
- Trained and certified by **Dr. Brené Brown** to facilitate Dare to Lead
- Monthly contributor to **Fast Company**, writes about stress and joy
- **Author of national research study, *The State of Stress and Joy at Work***
- Work has been featured in **Forbes, Inc, NPR, Bloomberg, Fast Company, American Institute of Stress, HR.com, CEOWorld** and more media outlets
- **Podcast Host, *Less Stress & More Joy* with Amy Leneker**
- Studied leadership at **Yale**, Neuroscience at **The NeuroLeadership Institute**, and Stress Resilience at **Harvard Medical School**
- 25 years of leadership experience, including a decade in the **C-suite**
- **Adjunct Faculty**, The Evergreen State College: Master in Public Administration Program
- Certified **mediator**



BIO

Amy Leneker is an optimistic, joy-seeking, recovering workaholic. She's also the founder and CEO of the Center for Joyful Work and has helped more than 100,000 leaders and teams—including Fortune 100 companies—lead with less stress and more joy. With over 25 years of leadership experience, including a decade in the C-suite, Amy is committed to helping leaders, teams, and organizations thrive.

A first-generation college student and lifelong learner, Amy has studied leadership at Yale, neuroscience at the NeuroLeadership Institute, and stress resilience at Harvard Medical School. She leads the annual national research study *The State of Stress and Joy at Work*, and her work has been featured in Bloomberg, Forbes, NPR and more.

She writes a monthly column for Fast Company and is the host of the weekly podcast, *Less Stress and More Joy*.

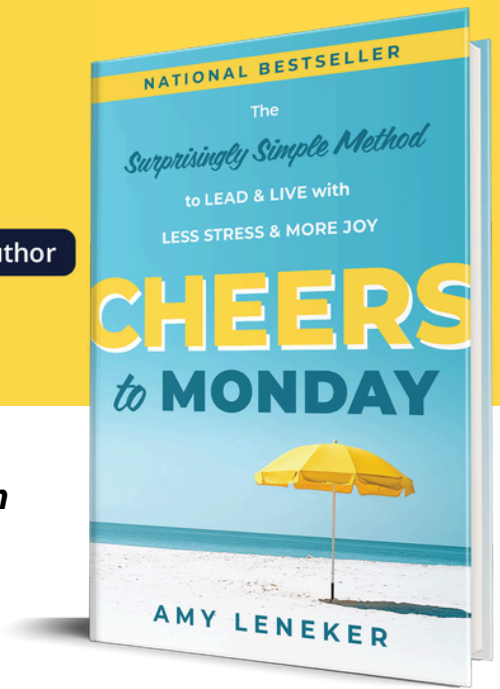
Amy is also the National Bestselling author of *Cheers to Monday: The Surprisingly Simple Method to Lead and Live with Less Stress and More Joy*.

Amy and her family make their home in the Pacific Northwest.



"A beautifully honest and immensely practical guide that reminds us we are built not just to work, but to live—and to live with joy. For those who care about both people and performance, I highly recommend this wonderful book."

—Stephen M. R. Covey, *New York Times* and #1 *Wall Street Journal* bestselling author



In Amy Leneker's instant national bestselling book, ***Cheers to Monday: The Surprisingly Simple Method to Lead & Live With Less Stress & More Joy*** (Wiley, 2026), you'll learn specific, research-backed solutions for leaders, teams, and entire organizations to have less stress and more joy at work, and beyond.

Cheers to Monday is packed with practical, evidence-based strategies to:

- **See stress differently** and finally break the cycle of exhaustion, overwhelm, and self-doubt.
- **Sort stress into five actionable categories** so you know exactly what to do with each one.
- **Solve stress without spinning** using a simple framework to reclaim your time, energy, and focus.
- **Celebrate the shift** because reducing stress isn't just a wellness strategy, it's a joy strategy.

"Profound and practical!

Read it and do it, for yourself and the people around you."

—Patrick Lencioni, national bestselling author of *The Five Dysfunctions of a Team*

"A **masterclass** in how to achieve more with less effort."

—Greg McKeown, *New York Times* bestselling author of *Essentialism*

"Amy's **joyful rebellion** against the dread of Mondays is both needed and doable."

—Jenn Lim, cofounder of Delivering Happiness, national bestselling author

KEYNOTE

Less Stress & More Joy: The Un-Stressing Method™

Less Stress and More Joy is Amy Leneker's celebrated and energizing keynote, based on her book, *Cheers to Monday: The Surprisingly Simple Method to Lead & Live with Less Stress & More Joy* (Wiley, 2026).

Drawing on insights from her national research study, *The State of Stress & Joy at Work*, Amy reveals why the common advice about stress isn't working, and what leaders, teams, and organizations can do instead. During the keynote, Amy shares The Un-Stressing Method™, her signature framework, shown to be effective for over 96% of working Americans in helping them better understand and manage their stress.

Through relatable stories, research-backed insights, and her signature warmth and humor, Amy shows how small shifts in awareness and choice can dramatically reduce stress and create space for joy—at work and beyond.

Audiences leave with a practical framework they can use immediately to stop operating on autopilot, respond more intentionally to stress, and lead their work and lives with greater clarity, energy, and joy.

Key Takeaways

- **Understand what's really driving stress at work today.** Insights from Amy's national research reveal the most common sources of stress at work and why traditional solutions for managing stress are actually causing more stress.
- **Learn The Un-Stressing Method™**, Amy's simple, science-backed three-step method for less stress and more joy at work. In a 2026 study, 96 percent of American workers said The Un-Stressing Method™ is helpful at understanding and managing their stress.
- **Discover the five biggest drivers of joy at work.** Amy reveals why joy isn't a "nice to have," but a powerful catalyst for decision-making, creativity, and performance.

KEYNOTE

The Power of Connection at Work

The Power of Connection at Work is Amy Leneker's dynamic and compelling keynote built on a simple idea: work works better when people feel seen, valued, and connected. Connection isn't a soft skill—it's a performance driver.

Grounded in global data and Amy's national research study, *The State of Stress and Joy at Work 2026*, this keynote reveals what people truly want and need from their work and from each other. At a time when stress is high and engagement is low, connection has emerged as one of the most powerful—and overlooked—forces shaping how we work.

Through powerful stories, practical insights, and her signature warmth and humor, Amy challenges audiences to rethink connection as something intentional, actionable, and essential to how we work and lead. In her national research study, she found that feeling isolated or disconnected is one of the top five barriers to experiencing joy at work—making connection not just meaningful, but mission-critical.

Audiences leave inspired and equipped to strengthen relationships, reduce stress, and create workplaces where people can do their best work—together.

Key Takeaways

- **Understand what people need most at work:** Amy shares research-backed insights into the key drivers of connection—and how they impact trust, engagement, and performance.
- **Recognize everyday moments of connection:** Discover how small interactions shape team culture—and how to build trust and repair trust.
- **Create connection that builds trust and improves performance:** Learn simple, practical ways to strengthen relationships, improve collaboration, and create more joy at work.

KEYNOTE

Dare to Lead™ - Choose Courage Over Comfort

Dare to Lead™: Choose Courage Over Comfort is a powerful and inspiring keynote that challenges audiences to consider a simple but transformative question: What would change if we chose courage over comfort?

In this keynote, Amy Leneker, a Certified Dare to Lead™ Facilitator who was trained and certified by Dr. Brené Brown, explores what it truly means to lead with courage. Grounded in the research of Brené Brown, this keynote explores that courageous leadership isn't reserved for a few—it's a set of four skills that are teachable, measurable, and observable.

Through relatable stories, practical insights, and her signature warmth and humor, Amy helps audiences recognize how courage shows up in everyday moments at work—and beyond.

Audiences leave energized and equipped with the four skill sets of courage (Rumbling with Vulnerability, Living into Our Values, BRAVING Trust, and Learning to Rise) to meet their own unique Call to Courage, and to support others to do the same.

Key Takeaways

- **Identify a Call to Courage.** Where do you want to be braver at work? What can you do to better serve the people around you?
- **Discover the four skill sets of courage** that are teachable, measurable, and observable, and how to apply them at work immediately.
- **Develop an Action Plan** to meet your Call to Courage at work, and to support others to do the same.

Interview Questions: Cheers to Monday

1. What made you want to write this book, now, and how did you arrive at that title? Did you know it would be called that before you started?
2. What's one thing every person could start doing the next time they're at their desk at work to start living with less stress and more joy?
3. Can you elaborate on what you call The Unstressing Method? How does it work? How long does it take?
4. What was one thing you realized while writing the book that truly surprised you about stress?
5. In Cheers to Monday, you write about how isolation can quietly amplify stress. How have your relationships and networks helped you lead with more clarity and resilience and what have you learned about intentionally building supportive, joyful connections both at work and beyond?
6. You designed the Stress Ruler to make stress visible and easier to talk about. When do you find yourself reaching for it in your own day-to-day life? Does it show up in your real life, beyond workshops and leadership sessions?
7. You lead a national research study on stress and joy. What did you learn?
8. How does joy fit into work?
9. What can managers do better for their teams? How can they start to incorporate joy into the workday?
10. What's the best story and outcome you've heard from someone finding success in living and leading with less stress and more joy?

TESTIMONIALS

Client Testimonials

“Amy’s optimism is contagious, and her expertise is undeniable. She left our team feeling inspired and equipped to take action. I highly recommend bringing her into your team so you can move from functioning to high performing!”

–Holly Harrison, Director, **Microsoft**

“I received a ton of positive feedback from the REI team about Amy! People are still talking about it.”

–Coleen Moore, Sr. Studio Leader, **REI**

“Amy is an amazing trainer and facilitator with high energy and enthusiasm. She has a great compliment of technical knowledge and real life leadership experience.”

–Pat Kohler, Specialist Leader, **Deloitte Consulting**

“Amy brings not only theory about leading and developing teams, but years of experience in a wide variety of managerial and executive roles. In other words, she is an experienced practitioner of what she teaches.”

–Bryce Carlen, CIO, **Department of Revenue, State of Washington**

“Amy is unequivocally trustworthy. You can have complete confidence in her ability, her character, and her steadfast commitment to your success.”

–Vann Smiley, Director, **WorkDay**

See [Amy’s LinkedIn Profile](#) for additional testimonials.

TESTIMONIALS

Audience Testimonials

“We’ve had Amy present for four years in a row. Not only are her sessions the most attended, they are also the highest rated. She’s an audience favorite!

–Event Planner, **ResultsWA Conference**

“On a scale of 1-10, Amy’s workshop was a 100.”

–Participant, **REI Conference**

“We’ve had many speakers over the years but Amy’s the best I’ve seen. She was so relatable and funny. I already downloaded her research study to learn more.”

–Participant, **Carole Emmott Foundation Conference**

“I could have listened to Amy all day! I loved that her session was so interactive. She was a ray of sunshine!”

–Participant, **SHRM Conference**

“As soon as I heard Amy Leneker was speaking at the conference, I registered my entire team. I knew it would bring us closer together as a team and it did.”

–Participant, **Safety & Health Conference**

“Amy’s session was the highlight of the entire conference. Bring her back!”

–Participant, **Bamboo HR Conference**

See [Amy’s LinkedIn Profile](#) for additional testimonials.

CONTACT



Press@AmyLeneker.com
(360) 529-0290

Connect on Social Media

- [LinkedIn](#)
- [Instagram](#)
- [YouTube](#)