

FRANCESCA AMANTE

FEATURED SPEAKING TOPICS



1. Beyond Burnout: Reconnecting Before People Check Out

Burnout does not happen all at once. It builds quietly when people feel unseen, unsupported, overwhelmed, or disconnected from the work and the people around them.

In this session, Francesca helps audiences understand burnout through the lens of behavioral awareness, communication, and connection. Participants explore how different behavioral styles experience stress, how disconnection shows up before disengagement, and how leaders and teams can create healthier conversations before people hit the breaking point.

Using the BE framework, this talk helps people recognize early signs of burnout, communicate needs more clearly, and build workplace relationships where people feel seen, supported, and valued.

Audience Leaves With: The ability to recognize the early behavioral and relational signs of burnout before they lead to disengagement or turnover; Greater awareness of how different people experience and communicate stress, overwhelm, and support needs; Practical strategies for fostering connection, improving communication, and creating a culture where people feel seen, valued, and supported.

Best for: HR events, women's leadership events, healthcare teams, education, employee engagement, leadership development, workplace wellness, team retreats.

2. Communicate So People Can Hear You

The message you send is not always the message people receive.

Francesca helps audiences understand how different behavioral styles listen, process, respond, and engage. Participants learn how to adjust their communication so they can create more clarity, reduce unnecessary friction, and make others feel more understood.

This session gives teams a practical way to improve everyday conversations, especially in moments where expectations, emotions, or misunderstandings can get in the way.

Audience Leaves With: A deeper understanding of how different behavioral styles receive, process, and respond to communication; Practical techniques for adapting their communication to increase clarity, connection, and influence; Tools to reduce misunderstandings, navigate difficult conversations, and build stronger relationships at work and beyond.

Best for: Team communication, sales, leadership, customer experience, workplace culture, manager training.

3. Trust Is Built in the Small Moments

Trust is not built in one big moment. It is built, strengthened, or weakened in the small moments that happen every day.

This session helps audiences recognize how everyday behaviors shape whether people feel seen, understood, valued, and safe enough to contribute. Francesca shows how behavioral awareness can help people listen better, respond with more intention, repair moments of disconnection, and create stronger relationships over time.

Participants leave with a clearer understanding of how trust works and how to build it through consistent, human-centered behavior.

Audience Leaves With: A deeper understanding of how trust is built, strengthened, and damaged through everyday interactions and behaviors; Practical tools for creating stronger connections through active listening, intentional communication, and behavioral awareness; Strategies for repairing moments of disconnection and fostering environments where people feel safe, valued, and empowered to contribute.

Best for: Team retreats, HR events, leadership development, culture-focused conferences, employee engagement, nonprofit teams.