



“A TRUE GAME-CHANGER.”



# JUAN BENDANA

Helping leaders turn today's barriers into  
**tomorrow's breakthroughs**

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## TAGLINE

Helping leaders turn today's barriers into tomorrow's breakthroughs

## JUAN BENDANA AT A GLANCE

Instead of wishing for more certain times, we need to create more certain people. The world is moving faster than it ever has before, creating disruption, uncertainty, and unexpected change for organizations and their people. Leadership and confidence expert Juan Bendana helps organizations turn today's barriers into tomorrow's breakthroughs by helping them unlock new levels of growth and achieving peak performance.

## TAGS/ CATEGORIES

- Leadership
- High Performance/ High Performing Teams
- Motivation / Inspiration
- Sales
- Personal & Professional Growth

## BULLET POINTS

- Over a decade constructing bespoke programming for category leading companies such as Disney, American Express & Zillow.
- Coach to top CEO's, Olympians, Actors and Fortune 100 Leaders.
- Researcher of over 250,000 leaders discovering a science-backed framework to help individuals reach their full potential

# STAGE INTRODUCTION

Juan Bendana is a highly sought-after speaker, entrepreneur, and coach to top CEO's, Olympians, Actors and Fortune 100 Leaders. He started his first leadership development company over a decade ago, where Juan and his team constructed bespoke programming for category leading companies such as Disney, American Express & Zillow and countless other Fortune 500 companies. He has helped over 250,000 leaders in person and millions online level up and is here to share how we can do the same by building unwavering confidence. He's considered by many as a walking shot of espresso and today, we find out why. Please help me welcome, Juan Bendana!



## BIOGRAPHY

Juan Bendana is a highly sought-after speaker, entrepreneur, and coach to top CEO's, Olympians, Actors and Fortune 500 Leaders. He started his first leadership development company over a decade ago, where Juan and his team constructed bespoke programming for category leading companies such as Disney, American Express & Zillow.

Juan is the author of *The Confidence Cycle* (Penguin Random House, 2025). Based on his research of over 250,000 leaders at institutions such as Oxford, Penn State and the University of Toronto, his science-backed framework helps individuals and organizations turn today's barriers into tomorrow's breakthroughs.

Considered by many as a walking shot of espresso, Juan's unique blend of inspiration and entertainment empowers individuals to reach higher levels of performance and become the most confident version of themselves.

# THE CONFIDENCE CYCLE: THE SECRET TO EVERYDAY ENGAGEMENT & MOTIVATION

In a world of rapid change and increasing demands, it's easy to feel uncertain, disengaged, and overwhelmed. But what if there was a way to elevate your energy, re-energize your team, and re-ignite your confidence for both personal and professional growth? Based on his ground-breaking framework, this keynote will encourage attendees to thrive through change in an uncertain world. Through actionable tools for higher levels of confidence and motivation, Juan will share his signature framework to feel inspired and engaged (even on the hard days). We are in charge of how we show up in the world, and that choice directly influences our performance and impact. This interactive keynote is designed to inspire your people to overcome self-doubt, find the determination to keep moving forward, and ignite excitement for the future. With the right mindset, your team will leave energized, ready to tackle their goals with renewed passion, and feel motivated to keep going, no matter what challenges are thrown their way.

## **As a result of this keynote, attendees will:**

- Build a growth plan for everyday confidence
- Learn how to leverage their own psychology for higher engagement
- Take charge of how they show up in the world
- Unlock the mindset for overcoming challenges with confidence
- Connect to a higher level of enthusiasm and passion for their role
- Feel excited for the future and be encouraged to keep going

# LEAD WITH CONFIDENCE: ENGAGING AND INSPIRING HIGH PERFORMING TEAMS

The world is moving faster than it ever has before, creating disruption, uncertainty, and unexpected change for organizations and their people. Traditional leadership methods where we point and demand are no longer effective, leaving people feeling disengaged and uninspired. In this keynote, attendees will discover how to develop leaders who can inspire peak performance, even in the face of challenge and change. By moving beyond ideas into action, they will leave inspired to build towards a transformative future, inspiring growth and confidence across their teams. Through engaging storytelling and actionable takeaways, your people will leave with the drive to perform at the highest level, all while making them feel like a valued part of the organization. Whether you're looking to inspire confidence in your team or to develop a leadership culture where everyone's voice matters, this keynote will provide the tools and mindset needed to lead with purpose and passion, ultimately driving extraordinary results.

## **As a result of this keynote, attendees will:**

- Learn how to move beyond ideas into action
- Unlock the X-factor that inspires high performing teams
- Leave with the skills to unite their teams for a transformative future
- Reignite the drive for growth within your organization
- Have the tools to instantly boost engagement and enthusiasm

# MAKING CONFIDENCE YOUR COMPETITIVE ADVANTAGE: BREAK THROUGH BARRIERS & UNLOCK ACHIEVE PEAK PERFORMANCE

Unlocking the next level performance requires more than just ambition; it demands action. In this engaging keynote, your attendees will learn how to raise their standards with clear and actionable goals, turning today's barriers into tomorrow's breakthroughs. This high-energy keynote will help your people identify the barriers to growth and provide the actionable tools to move through them with confidence. All high performers understand this simple truth: Confidence is our competitive advantage. Whether you're heading into a negotiation or presenting why you and your team are the right choice, confidence is required to deliver exceptional results. Through engaging stories and actionable strategies, your audience will learn how to continuously find growth opportunities and how raising the standard to extraordinary can unlock the high performance needed to take your organization to the next level.

## **As a result of this keynote, attendees will:**

- Learn how to take their lives to the next level personally and professionally
- Identify the barriers to growth and learn actionable tools to move through them
- Develop the mindset to show up and be extraordinary
- Unlock the next level of high performance for themselves and their teams
- Raise their standards with actionable goals to supercharge growth

# RECENT TESTIMONIALS

**"Our event was spectacular** as a result of Juan being our speaker. Our team saw the drive and excitement from the audience the moment they left the presentation. He delivered so well that we've **booked Juan on a national level for events over the next 2 years!"**



**"He is relatable, authentic and gives some great tips on how to find energy, momentum, courage and confidence** within yourself. Strengthening your confidence helps you lead a more ambitious, intentional and successful life. You will feel his energy, courage and confidence throughout his presentation, and leave encouraged to find your own and improve your self-belief."



"I was blown away by his ability to captivate and inspire the audience with his message. **His humor, charm, and authenticity made everyone feel at ease, while Juan's passion and energy kept us engaged throughout the presentation.** Juan's message was both thought-provoking and practical, leaving us with actionable insights to apply in our own work. He seamlessly wove in relevant examples and anecdotes that resonated with our group, making the message feel personalized and relevant. He exceeded my expectations in every way. **I wholeheartedly recommend him for any organization looking to inspire, educate, and entertain their audience."**



"Juan Bendana brought exactly what we needed to our keynote session of our global leadership summit - energy, engagement and action! His style brings the audience in and he provides thought provoking storytelling to inspire action. **He was wonderful to work with and overdelivered in terms of what we hoped to achieve with our keynote.** We were thrilled with the outcome and feedback we received from our participants."



"Juan brought the energy as keynote speaker at an event we hosted for top partners. We wanted these partners to **leave with motivation to go from top performer to the next level beyond that, and Juan delivered!** Juan's presentation was animated and inspiring, and I loved seeing a large line form to chat with him after he spoke. The message of bringing positivity and excitement to every encounter especially resonated with me and our audience. **I strongly endorse Juan to bring energy and inspiration to an event!"**



JUAN BENDAÑA

# IMAGES



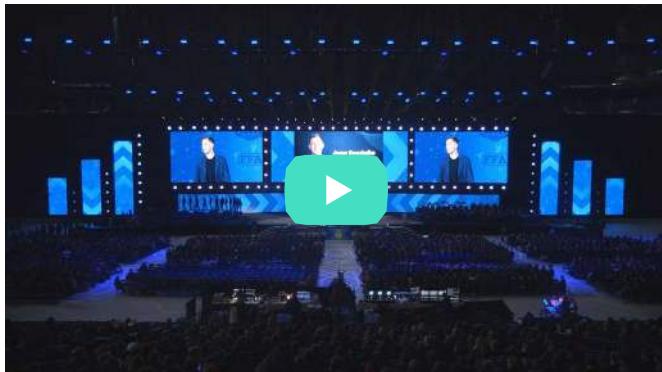
JUAN BENDAÑA

# MEDIA GALLERY

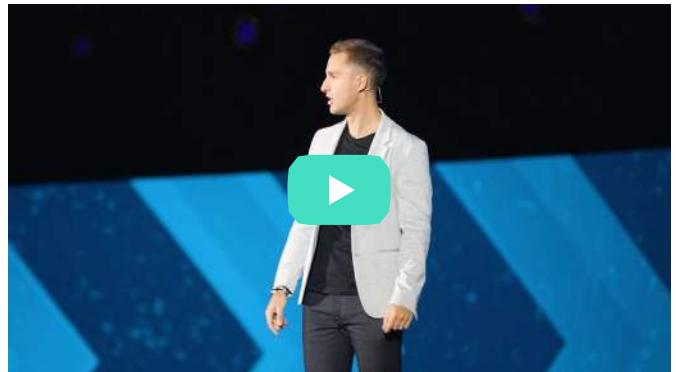
## 2024 SPEAKING REEL



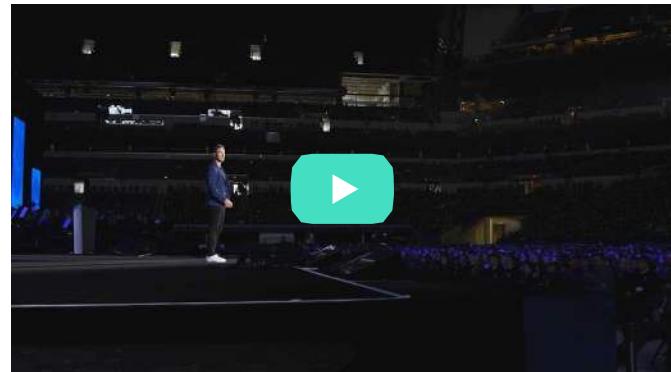
**KEYNOTE SAMPLE #1**



**KEYNOTE SAMPLE #2**



**KEYNOTE SAMPLE #3**



[VIMEO MEDIA SHOWCASE](#)

# RATE CARD

**Travels from:** Miami, Florida

## **Domestic**

\$10,000; plus \$1,500.00 flat travel buyout (inclusive of airfare and professional home ground transportation); plus professional event city ground transportation and hotel.

## **Europe**

\$20,000; plus \$5,000 flat travel buyout plus local expenses.

## **Asia & Middle East**

\$25,000; plus \$7,500 flat travel buyout plus local expenses.

## **VIRTUAL**

\$7,500

# A/V REQUIREMENTS

Juan uses slides with a 16:9 ratio. Juan will use his own laptop to run his slideshow. Slides

- can also either be transferred before or brought with him on a portable USB Drive.

Please provide a wireless headset mic. Secondary choice: lavalier.

- Juan strongly prefers a confidence monitor with timer.
- Juan requires a soundcheck a MINIMUM of 30 minutes prior to the keynote.
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