



DR. RENEE EXELBERT
PSYCHOLOGIST & ELITE PERSONAL TRAINER

Empowering Patients During the Healthcare Journey

Navigating illness can deeply disrupt a person's sense of identity, often leaving patients feeling powerless in their own healthcare journey. In this inspiring keynote, Renee, a two-time breast cancer survivor and two-time skin cancer survivor, draws from her personal experience to explore how chronic illness impacts more than just the body—it transforms the self. Blending powerful storytelling with science-backed strategies, Renee shares ways to reclaim one's sense of control, foster resilience, and promote healing from the inside out.

What you can expect:

When it comes to finding empowerment through illness, Renee shares her own poignant and inspirational story, demonstrating that we can always find ways to take back control when life throws us a curve ball. Through science-backed strategies, as well as through Visual-Emotional Kinetics® - the integration of positive thoughts, visualizations and movement, Renee shares how we can optimize both our emotional and physical health outcomes, proving that we are more than just a patient. Whether you are going through a health experience of your own or supporting someone on a health journey, Renee will provide tools to optimize adjustment.

Who can benefit from this keynote:

- Individuals experiencing illness
- Families and caregivers of those experiencing illness
- Human resource professionals interested in better understanding employees who are dealing with health issues

What will the audience take away?

- Science-backed strategies that improve physical and emotional well-being
- Mind-body strategies that can help us find empowerment
- An understanding of how we can integrate our experience into a new and powerful identity