

# Janine Shepherd AM

## *Keynote Speaker, Author, Resiliency Coach*

Once a champion skier training for the Winter Olympics, her life changed in an instant when she was hit by a truck during a training ride. Doctors said she'd never walk again. But she had other plans: "If I can't walk, I'll fly."



Janine Shepherd's story is one of extraordinary transformation. Not only did she learn to fly—she became a commercial pilot and aerobatics instructor while still in a body cast. Her journey from spinal injury to the sky has since inspired millions around the world. Janine is the author of six best-selling books, and her memoir *Never Tell Me Never* was adapted into a feature film that became a national favourite.

Today, Janine is a PhD candidate researching narrative identity, resilience, and transformation through her own lived experience. Her keynotes are drawn from her acclaimed resilience course, grounded in neuroscience, positive psychology, and her unique framework of Conscious Liminality—a space where growth happens in the face of uncertainty.

With disarming humour, vulnerability, and fierce optimism, Janine invites every audience to see their challenges not as an end—but as the beginning of who they're becoming.

## *Janine Shepherd talks about:*

### **RESILIENCE IN TIMES OF CHANGE**

Real resilience is born in the messy, uncertain moments of life. In this keynote, Janine explores how we adapt, rise, and become more—not despite our struggles, but because of them.

#### *Key takeaways:*

- Reframe adversity as a gateway to growth
- Discover the tools that build inner strength
- Navigate life's transitions with courage and clarity

### **REINVENTING YOURSELF THROUGH ADVERSITY**

When life breaks the plan, we're invited to rewrite the story. Janine shares how to move forward—not back—by tapping into neuroplasticity, reframing mindset, and choosing to rise.

#### *Key takeaways:*

- Let go of old identities to embrace reinvention
- Use science-based tools to rewire your thinking
- Turn your “rock bottom” into a solid foundation

## LEADING THROUGH UNCERTAINTY

From navigating spinal trauma to teaching others to fly, Janine brings a fresh perspective on leadership in turbulent times.

*Key takeaways:*

- Understand the power of presence and adaptability
- Apply aviation’s “Attitude + Power = Performance” to your leadership
- Lead others with empathy, authenticity, and hope

## THE POWER OF STORYTELLING: THRIVING IN THE SPACE IN BETWEEN

As a PhD researcher, Janine explores how we use story to transform identity and make meaning in moments of liminality.

*Key takeaways:*

- Harness the neuroscience of storytelling
- Reclaim your narrative in the face of disruption
- Move from brokenness to becoming through the stories we tell

## Testimonials

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“ Janine had the whole room enthralled - her story is undeniably epic, and her delivery is animated and engaging. While not a business speaker, she clearly had a message to give which was relevant to all of us in both our personal and working lives: Go ahead and do what you want to do - never let anyone tell you never, never let the odds dissuade you from trying, and learn to love the challenge. There were tears and laughter, and we loved every minute. I will definitely be reading her books!

- **PriceWaterhouseCoopers**

“ Amazing, inspirational, remarkable! The measure of Janine’s real impact was best demonstrated by the fact that Janine was the recipient of a standing ovation- the first ever afforded to a speaker in our fifteen year history of conferences.

- **Prudential Agents Association**

“ Your story is one of incredible courage, yet delivered in an easy and entertaining manner, a manner that held all in attendance spellbound. We could not have had any better way to end our conference...Thank you!

**- *Retravision***

“ Your presentation was full of enthusiasm, humour and energy. Quite clearly, your courage and dedication in overcoming adversity will have a long lasting and motivating effect on our conference delegates.

**- *AMP***

“ Janine is a change agent. She has an extraordinary ability to ignite people's spirits and move them to find the real potential of their lives; her story inspires people around the world.

**- *Deepak Chopra***

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[VIDEO OF SPEAKER](#) 