

# YOUR ENERGY IS EVERYTHING



**Judy Riege** is a leadership and team performance expert who trains and mentors the future—developing emerging leaders, women, athletes, and those who guide them, across sport, business, and education. She's known for tackling the F-words most leaders and teams avoid: feelings, focus, feedback, and fun. For more than 30 years, Judy has worked at the intersection of emotional intelligence, neuroscience, and leadership—chasing the question: *what helps humans learn and perform at their best?* Based in Calgary, she is on a mission to teach the world and everyone in it to lead—starting with themselves, alongside each other, every single day.