

ERICA DIAMOND

Self-Care, Redefined

KEYNOTE SPEAKER
WORKPLACE WELLNESS &
BURNOUT PREVENTION STRATEGIST



ABOUT ERICA

Erica Diamond helps people perform at their best without burning out. A dynamic keynote speaker, panel moderator and event host for organizations, associations and conferences, she combines over a decade of media and television experience with practical strategies for resilience, well-being and sustainable performance. Through relatable storytelling, humour and live audience participation, Erica gets the room thinking, talking and taking action. Her interactive keynotes leave audiences energized and equipped with concrete tools to manage pressure, protect their energy and work and live more effectively.



CORE SPEAKING TOPICS

Balance Without Burning Out

Self-Care Redefined

Manage energy, protect time and build daily routines that help prevent burnout with the Thrive360™ framework.

Redefining Hustle Culture

Sustainable Success in an Always-On World

Set clear priorities and stronger boundaries for a more sustainable pace of achievement.

The 5 Pillars of Self-Care and Well-Being

Everyday practices for physical health, mental clarity, emotional balance, social connection and purposeful living.

SERVICES OFFERED

Keynotes, workshops, panel moderation & event hosting
Customized for your audience. In person or virtual.

"Erica's keynote left us feeling empowered to walk away with a concrete action plan to implement the strategies we learned immediately."

ELLEN, SAMSUNG



National Payroll Institute

AS SEEN IN



SELECT SPEAKING CLIENTS



BOOK ERICA

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EricaDiamond.com/speaking