

Charlotte Bayala: Talks & Workshops

Charlotte Bayala offers talks and workshops that help people navigate burnout, pressure, caregiving, and sustained stress with more steadiness, honesty, and practical support. Her sessions are grounded, engaging, and immediately useful.

Best For: Workplaces, conferences, healthcare organizations, nonprofits, and caregiver communities

Formats: Keynotes, workshops, and breakout sessions | In person or virtual

Known for: Calm, engaging, emotionally honest sessions with tools people can use in real life

Experience: Award-winning podcast host | 12+ years teaching practical breath and stress-regulation tools

Keynote

From Burnout to Breakthrough: What It Takes to Keep Going Without Losing Ourselves

Burnout is often framed as a personal failure, something individuals should fix with better habits, more discipline, or more resilience. But in many cases, burnout is what happens when too much has been asked for too long.

In this keynote, Charlotte Bayala invites audiences to look more honestly at pressure, overload, and the hidden cost of holding everything together. Drawing from lived experience, storytelling, and practical insight, she explores what happens when people are expected to keep performing without enough support, recovery, or room to be human.

This talk helps audiences rethink burnout not as weakness, but as a signal. Participants leave with a more compassionate understanding of what sustained pressure does to people and a clearer sense of what it takes to keep going in a more human, sustainable way.

This keynote is ideal for companies, conferences, healthcare organizations, nonprofits, leadership gatherings, and communities navigating high levels of stress and responsibility.

Available in person or virtually.

Workshops

Revive in Five: How to Reclaim Calm in Just Minutes a Day

You do not need hours of free time to care for yourself. You just need five minutes.

In this practical, engaging workshop, Charlotte introduces a simple self-preservation method designed for people who are busy, overloaded, and carrying a lot.

Through guided reflection and practice, participants experience how just a few intentional minutes can help reset the nervous system, reduce stress, and improve focus.

Attendees leave with their own personalized five-minute plan, something they can use in a hospital waiting room, at work, in the car, or in the small spaces between responsibilities.

This session is especially well suited for caregivers, employees under pressure, support communities, and anyone who feels like they do not have time for traditional self-care.

Available in person or virtually.

The I'm Fine Club: What We Really Mean When We Say "I'm Okay"

"How are you doing?" can be one of the hardest questions to answer honestly when life is heavy.

In this honest, permission-giving workshop, Charlotte explores the gap between what we say and what we actually feel. Participants are invited to look at why "I'm fine" becomes such a reflex, who we think we are protecting when we hide our struggle, and what it costs us to keep performing wellness when we are anything but okay.

Through storytelling, reflection, and gentle practical exercises, this session opens the door to a little more truth, first with ourselves and then with the safe people in our lives. Participants leave with language, insight, and tools for being more honest without feeling like everything will unravel.

Available in person or virtually.

Workshops

Love in the Margins: Staying Connected When Energy Is Low

Stress, illness, and caregiving can change the way we show up in our relationships. When energy is low, even the people we care about most can begin to feel far away.

In this tender, practical workshop, Charlotte explores how to stay connected when survival mode has taken over. This is not a session about grand gestures or adding more to an already full plate. It is about the small, meaningful moments that can still exist in the margins of a hard day.

Participants are guided through reflection and simple exercises that help them protect closeness, receive support without shame, and stay connected to themselves as well as to the people they love. This session is especially meaningful for caregivers, patients, families, and anyone feeling the emotional distance that can come with prolonged stress.

Available in person or virtually.

The Sweetest Pause: A Guided Chocolate Meditation

In a world that rushes us through almost everything, even pleasure can become one more thing we move past too quickly.

This guided mindfulness experience invites participants to slow down, engage their senses, and experience what happens when an ordinary moment is given our full attention. Using a single piece of chocolate, Charlotte leads a memorable meditation that helps participants reconnect with presence, pleasure, and calm in a tangible, accessible way.

Equal parts grounding and delightful, this session offers a powerful reminder that self-preservation does not always require big interventions. Sometimes it begins with learning how to fully arrive in one small moment.

Available in person only.

Bring Charlotte to Your Event

Charlotte Bayala delivers talks and workshops that help people navigate burnout, stress, caregiving, and sustained pressure with more steadiness, honesty, and practical support.

Her sessions are designed to be emotionally resonant, immediately useful, and accessible to real people living real lives.

Whether your audience is made up of employees, caregivers, healthcare professionals, leaders, or community members, Charlotte creates an experience that helps people feel seen while leaving with tools they can actually use.

Ideal For

Charlotte's sessions are a strong fit for:

- Employee resource groups and workplace wellbeing programs
- Healthcare organizations and patient-support communities
- Conferences and leadership events
- Nonprofits, advocacy organizations, and mission-driven communities
- Caregiver groups, family support programs, and community education events

Formats Available

Charlotte offers:

- Keynotes
- Interactive workshops
- Breakout sessions
- Virtual presentations
- In-person presentations
- Sessions can be tailored to the goals of your event, the needs of your audience, and the time available.

What Audiences Can Expect

Charlotte's sessions are known for being:

Grounded and engaging

Emotionally honest without being heavy-handed

Practical and immediately useful

Warm, calming, and easy to connect with

Designed for real-life application, not just inspiration in the moment

Booking & Inquiries

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