

# EMILY BRANTON

SPEAKER | TECH CEO | EXECUTIVE COACH



Exited founder and former PE-backed CEO equipping leaders with the clarity, capacity and systems required to scale without burnout



Leaders are now operating with unprecedented pace and complexity, making clear systems, practical leadership frameworks and expanded personal capacity essential to sustainable scale.

Emily blends operating experience with evidence-based leadership practices to help leaders reduce friction, strengthen collaboration and execute more effectively in demanding environments. Her work moves beyond inspiration, translating story and science into practical systems that drive real behavioral change.

## SIGNATURE KEYNOTES

### REAL LEADERS REGULATE

*Best for: Leaders in high-pressure or high-growth environments*

*Format: 45-60 minutes + Q&A*

Real Leaders Regulate reveals the core truth Emily learned leading companies at scale: your nervous system is your leadership style. When leaders operate from burnout, decision quality drops, emotional reactivity rises and execution slows- driving costly rework cycles and stalled momentum. This keynote demystifies the science of regulation and shows leaders how internal capacity directly strengthens performance, clarity and collaboration.

*Attendees walk away with a science-based framework they can use to overcome burnout and lead more sustainably at scale.*

## BUILDING A BUSINESS THAT NEEDS LESS OF YOU

*Best for: CEOs, founders and senior leaders preparing for scale or succession*

*Format: 30–45 minutes + Q&A*

This keynote shows founders and CEOs how executive dependency slows execution, creates avoidable friction and limits the company's growth. Drawing from her experience building and exiting companies, Emily shares the hard truths and practical shifts required to build a business that can run and grow without relying on a single leader.

***Attendees walk away able to see exactly where they are the bottleneck and equipped with a clear framework to prepare their business for both scale and exit.***

*For full keynote and workshop descriptions, visit [www.bossandbuddha.com/speaking](http://www.bossandbuddha.com/speaking)*

### ABOUT EMILY BRANTON

Emily Branton is an exited tech founder and former private equity-backed CEO who has led organizations through transformational growth. Her philosophy of “Leadership that Scales” equips leaders with the clarity, capacity and systems required to execute consistently under pressure. A TEDx speaker, MBA and ICF-certified executive coach, Emily blends operating discipline with applied neuroscience to help leaders build the internal and operational foundations required for real, sustainable performance.



### WATCH EMILY SPEAK



***“Emily isn’t just an engaging speaker, she delivers results.***

***Her session drove measurable improvements in our team’s focus, regulation and decision-making.***

***The concepts she introduced are now part of how we work and have changed how our team operates under pressure.”***

- Alissa Barnes, ED, Progress Now New Mexico

**BOOKING**

**EMILY@BOSSANDBUDDHA.COM | BOSSANDBUDDHA.COM/SPEAKING**