

Josée Madison

Transformational Storyteller. Self-awareness Expert.
Mindset Strategist. Performance Aligner.

Bio



Josée Madison brings a rare mix of structure and soul to the stage. A former executive officer to a Federal Court judge turned international music tour manager, she's lived inside both precision-driven and high-pressure environments.

After a life-changing turning point, Josée dedicated more than 17 years to studying self-awareness, mindfulness, behavioral science, and emotional intelligence, work she applied while founding and leading a multi-award-winning wellness center with a 13-person team.

Blending neuroscience with inner wisdom, she delivers human-centered, science-based tools that help teams and leaders regulate pressure, gain clarity, and lead with emotional intelligence and alignment rather than exhaustion.

Her work empowers high-performing individuals and teams to think clearly, trust themselves, and create sustainable success from the inside out.

Book Josée:

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