

Dr. Christiane Schroeter

Helping High-Achievers Realign and Lead with Clarity

Are you ready to grow your business with focus, confidence, and calm & create results that last from the inside out?

Dr. Christiane Schroeter, bestselling author, TEDx speaker, and Leadership Strategist, helps entrepreneurs and professionals transform pressure into purpose and align their goals with what truly matters.

Through her Petite Practice® framework, she teaches high-achievers how to turn small, strategic actions into long-term growth and consistent success.

Her work is grounded in one truth: clarity creates confidence, and confidence drives results that last.

With a Ph.D. in Health Economics and over 20 years of experience in marketing, innovation, and entrepreneurship, Christiane bridges evidence-based strategy with mindset mastery to help professionals grow with purpose – without burnout.

Whether you're building a business, leading a team, or stepping into your next chapter, are you ready to lead with clarity and confidence?



Quick Facts about Dr. Christiane



TEDx Speaker
Small Steps, Big Impact



2025 Female Podcaster
Education Category



Top 1% podcast
Happy Healthy Hustle



#1 Bestselling Book
Continuing Education



700+
5-star reviews



10,000+
students supported





Topic #1: SMALL STEPS, BIG CHANGE: WHY SMALL ACTIONS CREATE LASTING SUCCESS

In a world obsessed with speed and achievement, many high achievers chase more instead of mastering what matters most. Hustle culture often leads to burnout, leaving clarity and consistency behind. This keynote invites professionals to redefine progress - not as perfection, but as purposeful, repeatable action.

Through her proven Petite Practice® framework, Dr. Christiane Schroeter helps audiences simplify their goals, focus their energy, and turn small, strategic steps into long-term results. This talk reveals why clarity beats chaos, and how every small step can lead to exponential growth.

Topic #2: LEAD WITH AUTHENTIC AMBITION: HOW TO CREATE SUCCESS THAT FEELS TRUE TO YOU

In today's rapidly evolving business world, traditional success metrics no longer tell the whole story. Professionals are looking for meaning, connection, and authenticity—without sacrificing achievement. This keynote challenges audiences to realign their ambitions with their values and to create success that feels as good as it looks.

Dr. Christiane guides professionals to lead with integrity and courage, showing how purpose-driven ambition builds stronger teams, deeper trust, and higher performance. This talk empowers audiences to redefine leadership as alignment in action.

Topic #3: THE CONFIDENCE EQUATION: HOW TO SPEAK & LEAD WITH CLARITY AND IMPACT

Confidence is the foundation of influence, yet too many professionals hold back their voices out of fear or uncertainty. This keynote uncovers the mindset shifts and communication strategies that allow leaders to speak with clarity, connect with conviction, and lead with lasting confidence.

Dr. Christiane Schroeter shares actionable tools for strengthening your presence, refining your message, and showing up powerfully in every room. This session inspires professionals to turn self-doubt into self-leadership and to create impact that endures long after the applause fades.

WHAT HOSTS SHARE ABOUT DR. CHRISTIANE:

“What a wonderful conversation we had! Christiane is really sharp! She has good stories that illustrate her point in a clear way. She is a gifted educator, and it shows. We could have carried on the conversation for a lot longer; she brings that much value! I highly recommend her as a guest!”

Tim Newman, Speaking with Confidence Podcast

“Talking with Dr. Christiane Schroeter was like sitting in the middle of a motivational master class – calm, grounded, but full of energy and truth. Her ability to turn fear into something functional is rare. She doesn't just talk about courage; she teaches it through her own example. Christiane reminded me that boldness isn't about being loud – it's about being true to what you believe and taking action anyway.”

Maurice Chism, That Will Never Work Podcast



“To lead with confidence,
start by leading yourself with clarity.”

~Dr. Christiane Schroeter



WHAT HOSTS SHARE ABOUT DR. CHRISTIANE:

“What an amazing talk! I had the joy of meeting Christiane and instantly felt the energy and positivity she radiates. I’m continually inspired by her. I especially love Petite Practice®, such a beautiful way to bring big, insurmountable ideas to life. And her message to stop teaching people to perform and instead prepare them to grow is such a powerful takeaway.”

- **Irina Shehovsov, Time Line Therapy® Master Practitioner, 5x best-selling author.**

“If you’re looking for someone who brings heart, discipline, and brilliance to everything she does, Dr. Christiane Schroeter is it. Watching her light up the red dot on August 16 was unforgettable—and I have no doubt it’s just the beginning.”

- **Carmen Paredes, 2x TEDx speaker and Coach**

[Book Dr. Christiane to speak](#)

AFTER AN HOUR WITH DR. CHRISTIANE, YOUR AUDIENCE WILL HAVE THE TOOLS TO:

- Build clarity and confidence – no more overwhelm or overthinking when it comes to making aligned, effective decisions.
- Transform burnout into balance with practical, science-backed tools for managing time, energy, and mindset.
- Take consistent action through Petite Practices® that create lasting results without pressure or perfectionism.
- Lead with authenticity and purpose, empowering teams, clients, and peers to grow through clarity and small, strategic steps.
- Sustain long-term success by focusing on progress over perfection – and aligning goals with wellbeing and personal values.

Don’t wait to help your teams thrive with clarity, purpose, and confidence – one Petite Practice® at a time.



About Dr. Christiane Schroeter



Dr. Christiane Schroeter is a TEDx speaker, Leadership Strategist, Professor, and bestselling author who helps entrepreneurs achieve big results through small, strategic actions.

With a Ph.D. in Health Economics, she is a Professor of Marketing, Innovation, and Entrepreneurship at a top-ranked U.S. university, earning national and international recognition for her work. Christiane blends academic expertise with real-world strategy, offering podcast audiences practical insights they can use immediately.

As the host of the Happy Healthy Hustle Podcast, ranked in the Top 1% globally, she shares high-performance strategies that integrate productivity, business growth, and well-being. Her no-fluff, high-energy approach makes her a memorable guest who connects deeply with driven, purpose-led audiences.

Christiane is the author of four books, including the bestselling *How to Master Your Goals*, which debuted as an Amazon #1 New Release in Adult Education. Her latest releases, *Step Into Your Voice*, *Discover Your Superpower* and the companion *Petite Practice® Planner*, build on her signature *Petite Practice®* framework. This system empowers entrepreneurs to work smarter, scale faster, and lead with clarity and confidence.

A sought-after keynote speaker, Christiane delivers engaging, actionable conversations grounded in research and designed to spark meaningful transformation.



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