

Media Kit

A full-page photograph of Janine Durso, a woman with long brown hair, smiling and standing by a large window. She is wearing a bright pink blazer over a white cable-knit sweater and dark trousers. Her right hand is on her hip, and her left hand is resting on her thigh. A white radiator is visible in the lower left corner, and a city skyline, including the Empire State Building, is visible through the window.

Janine Durso

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Janine Durso

Helping high-achieving women believe new things so they can create the life they truly want.

About

Janine Durso is The Believist, a belief strategist and keynote speaker who teaches people how to think differently so they can change their lives. Through her programs, online community, and social platforms, she reaches thousands of people every week with her bold, science-infused approach to belief, identity, and self trust.

Her work is deeply shaped by her own transformation. First came a cardiologist's warning that her high stress life was pushing her toward a stroke. Then came a full life reinvention. And months later, the rupture of a brain aneurysm that tested every belief she had rebuilt. Her recovery and her resilience turned her into living proof that belief work is not magic. It is a method.

Janine is passionate about helping people stop living on autopilot, question the stories that hold them back, and build the beliefs that move them forward. When she is not helping people believe new things, she loves hanging with her tween daughter, searching for new dinner recipes on Instagram, or hunting down the perfect mocha latte.

Speaker Topics



1

The Moment Everything Changed: How Choosing New Beliefs Saved My Life...Twice

Did you know that your body often tells the truth long before your mind is willing to hear it?

In this signature keynote, Janine shares the powerful story of the day her doctor warned she was heading toward a stroke, the unraveling of a life built on old beliefs, and the radical shift that followed. She also reveals how this belief work became the key to surviving a ruptured brain aneurysm that nearly took her life.

Audiences will learn:

- why we stay stuck in lives that no longer work
- how hidden beliefs shape stress, decisions, and identity
- how choosing new beliefs can change the entire direction of a life

This unforgettable talk inspires people to question what they believe, claim their power, and open the door to what is possible.

2

The Four Belief Shifts That Change Everything: The Mental Reboot Every Human Needs

Did you know that most people make their biggest life decisions based on beliefs they never consciously chose?

In this signature talk, Janine reveals the four belief shifts that create real, lasting transformation: Awareness, Truth, Possibility & Identity!

This energizing, perspective-shifting talk will empower your audience to rethink what's possible, make braver decisions, and finally move toward the results they've been wanting for years. They'll walk away with a new level of clarity, confidence, and belief that their next chapter starts with a single thought they choose on purpose.

Speaker Topics



3

Believe Better. Lead Better: How Belief Shapes Confidence, Communication, and Culture

Did you know that outdated beliefs silently sabotage leadership performance?

In this keynote, Janine shows leaders how their belief patterns influence their confidence, clarity, resilience, and communication. She reveals how unconscious narratives shape team dynamics, decision making, and overall culture, and teaches leaders how to shift their internal operating system in order to lead with more intention and impact.

Audiences will learn: the belief traps that undermine leadership, how internal narratives affect communication and confidence and how to upgrade belief patterns in order to create healthier cultures. This talk gives leaders a powerful new lens on performance and equips them to lead from the inside out.



Janine Durso (she/her) is The Believist, a belief strategist and professional speaker available for keynote presentations, workshops, panels, media interviews, and spokesperson opportunities.

Her unique blend of storytelling, lived resilience, and belief science excites and energizes audiences around the world.

Download this Media Kit, schedule a meeting, or book Janine for your stage today.

Notable Press

Guest expert on multiple mindset, resilience, and personal dev podcasts: [Listen here.](#)

Guest on Brain Aneurysm Foundation “1 in 50” Podcast alongside her brain surgeon Dr. Jared Cooper. [Watch the episode here.](#)

Featured speaker in women’s empowerment communities: Cathy Heller, *Stand for the And* Summit with Sheri Salata, *Parlay House* with Anne Devereux and the *Raise Your Volume* Summit with Tiphany Kane.



Be in touch

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