



Serban Mare

To succeed in life, you either challenge yourself or life has a way of challaning you.

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Serban's passion for sharing stories that inspire and motivate is second only to his desire to challenge one's notions and improve lives. He's a gifted orator with a brilliant message of perseverance, humility, and grace.

Jeris Gaston
- Rotary Ambassador



Speaking Topics

From Burned-Out to Burn-Bright

In today's demanding work environments, stress can quietly drain productivity, engagement, and retention if left unmanaged.

This session helps professionals shift their relationship with stress by using it as a tool for growth, resilience, and long-term performance. Participants will learn how to spot early signs of burnout like exhaustion, cynicism, and feeling a lack of control, and take action before these challenges impact their well-being or their results.

Through real-world examples and practical strategies, attendees will gain tools to manage their energy, set healthy boundaries, and approach their work with more clarity and purpose.

When employees protect their motivation and avoid burnout, companies benefit with stronger performance, higher retention, and teams that are energized, focused, and built to succeed over time.

The Mirage of Finding Your Passion

Learn how to identify and pursue your passions with purpose and determination. Get practical tips and exercises to discover your deepest desires and motivations and learn how to overcome obstacles. Whether you want to make a career change, find more meaning in your job, or live a more fulfilling life, this talk will help you get there with helpful guidance and advice."

Bio

With nearly 20 years in the high-pressure technology sector, Serban rose from Technician to Engineering Program Manager, until burnout brought his success-driven career to a halt. After years of pushing hard and climbing fast, he found himself drained and unfulfilled. Refusing to accept burnout as the norm, Serban began a full transformation, mentally, physically, and professionally, rebuilding his energy, clarity, and purpose.

Today, as a Professional Speaker, and Consultant, Serban helps organizations move their people from burning out to burning bright. He empowers teams to manage stress, sustain energy, and perform at their best, so companies can retain top talent, foster well-being, and drive long-term success.

Serban's journey is more than inspirational, it's a blueprint for building sustainable performance in high-demand industries. Serban's on a mission to deliver actionable tools that make a lasting impact on culture, resilience, and results.

Speaking Engagements – Virtual and In-Person

2/4 Hour Workshop

Deep Dive into going from Burned-out to Burning-Bright

Keynote

*Future-Proofing Your Team.
From Burned-Out to Burn-Bright*

7 Week Workshop

*Road to Happiness and Fulfillment
1 hour/week live interactive workshop
with follow up actionable homework*