



# daffnee COHEN

CLARITY, CONFIDENCE, EMPOWERMENT.

Daffnee Cohen is the powerhouse behind some of the most compelling marketing and brand strategy work in the wellness, lifestyle, and personal growth spaces.

With 10+ years of experience she helps entrepreneurs, clinicians, and thought leaders scale with clarity, creativity, and conviction.

As the founder of a results-driven agency and co-host of a popular podcast, she's known for bridging vision and strategy to help brands grow with intention and impact.

## Topics:

**Balancing motherhood, career, health, marriage, and mental wellness:**

- What it really means to "have it all" — and why you should stop chasing that version of success.
- Navigating identity shifts as a mother, business owner, and woman in a constant state of becoming.
- How to stay committed to health, relationships, and work without burning out.
- The role of boundaries, routines, and rest in sustaining a high-capacity life.

**Building businesses rooted in values, authenticity, and sustainable growth.**

- How I built multiple businesses without losing my purpose or burning out.
- The myth of overnight success: what it really takes to grow with integrity.
- Why your personal values should drive your brand, marketing, and growth strategy.
- Navigating the pressure of social media and visibility as a founder without faking it

**Helping millennials stay grounded while raising families, navigating digital overwhelm, AI, and finding peace.**

- Raising kids in an unpredictable world: how to lead with values when the rules keep changing.
- The new realities of millennial adulthood: caregiving, working, parenting, and managing burnout all at once.
- Why traditional ideas of success don't work anymore, and how to create your own definition.
- Navigating information overload, shifting school systems, and future-proofing our kids while staying sane.
- How to reclaim peace, presence, and purpose in a world that constantly demands more.

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