



# Lelia GOWLAND

Lelia works with people and organizations that want to lead with authenticity to create happier, more effective teams.

## A BREATH OF FRESH AIR

Lelia uses hilarious, vulnerable storytelling to normalize the awkward “real life” moments we all experience but don't always talk about: those times we felt like the only one in the room, had our confidence shaken, or did something super embarrassing.

Together, we'll explore a new way to lead that empowers everyone on the team to thrive — and feel less alone in the process.

The author of 150+ articles in national publications, Lelia's regularly asked to share her optimistic perspective in outlets like the *Harper's Bazaar*, *HuffPost*, and *Forbes*.



## CLIENT FEEDBACK

- "Our audience gave Lelia rave reviews! Her energy was extremely engaging and her content was relatable and positively captivating. We can't wait to have her back."  
*- Mysi Hall, Legacy Project*
- "Lelia is the best speaker I've ever heard. Everyone left excited, motivated, and more connected to one another."  
*- Caryn Papantonakis, Texas Women Rainmakers*
- "Both humorous and inspiring, Lelia is a natural. She captivated all of us with her energy and the undeniable truth of her message."  
*- Mirena Umizaj, Settlement Professionals Inc.*
- "Of all the speakers I've ever worked with, Lelia asked the most thoughtful questions to understand our audience and tailor the program to their experience. She went above and beyond!"  
*- Louise Saladino, Ochsner Health System*
- "Lelia is truly a gem! She leaves you feeling refreshed and ready to tackle the next thing in your life. Our audience feedback was outstanding. I couldn't be happier with how the event turned out."  
*- Kim Scochin, GAF Roofing*



## FREQUENTLY REQUESTED TOPICS

### ● **Let's Get Real: Leading with Authenticity in the Workplace**

- Develop strategies to feel more like your authentic self at work
- Celebrate the stories of people and organizations who are successfully navigating authenticity in the workplace
- Feel motivated and inspired as we embrace our differences and create a sense of belonging and connection

### ● **The Unexpected Advantage: Compassionate Leadership in Action**

- Build emotional intelligence to lead with greater confidence
- Feel more connected and celebrate the strength of your support network
- Get a boost of optimism, so you leave feeling invested in your organization and energized to do your best work

### ● **You Got This: Playful and Practical Negotiation Strategies That Work**

- Recognize opportunities to negotiate about everything from money and influence to guacamole ingredients
- Develop concrete negotiation strategies that can be applied immediately
- Build confidence and negotiation skills in a way that's authentic to you

"Lelia's optimism is infectious, and her ideas are empowering."

"Lelia's the confidence fairy godmother we all need."

"Captivating and relatable"

"I left filled with joy and drive."

"I felt empowered and immediately shared Lelia's content (and my takeaways) with colleagues."

"My face hurts from smiling!"

## AUDIENCE FEEDBACK

See Lelia in action: [www.LeliaGowland.com](http://www.LeliaGowland.com)