



KEYNOTES | CONSULTING | COACHING

Ensure your organization has the mindset and practices to maximize performance and enhance well-being.



Keynotes

Through powerful speaking engagements, Lynn shares practices that leverage the human side of your team, to exceed the business side of your work.

Hi! I am Lynn.

Early on in my career, when I was leading a learning and development division for a Fortune 500 Company, I forgot that I was human. Like many leaders, I was busy hustling day after day addressing fires, trials, and tribulations. The hustle was my norm, and I prided myself on being 'that worker' who could manage any crisis with a smile, without help, all while simultaneously surpassing every goal in front of me.

But then I was reminded (in a big and profound way), that I was human.

One day, while I was 27 weeks pregnant with my first child, I started feeling abdominal discomfort during a workday full of back-to-back meetings, a frustrated client, and unrelenting demands. My norm, was always to keep going - so I did.



Workshops

During interactive learning programs, Lynn helps teams design actions plans to unlock peak performance, the human way.

Instead of stopping to get the rest and recovery that I needed, I kept working and ultimately discovered that my very human body was going into pre-term labor. That was my last day working 'in-house' for a corporation, but it was the beginning of my mission to help busy leaders know how to work human. I didn't know it at the time, but my journey through my medical crisis would cultivate a dynamic framework that provides realistic strategies for leaders to use as they face high demands. These strategies are at the foundation of my work to help leaders perform at a high level without losing themselves in the process.



Coaching

Through a dedicated coaching community group, leaders engage in designing, activating and sustaining positive behaviors

Today, I couple my experience as a corporate leader, expertise in performance psychology, twenty-plus years as a speaker, and my very real personal experience to help organizations disrupt 'work as usual'. I'm in the business of helping leaders build high-performing teams, without compromising their most valuable asset - their people.

I share a way of working that doesn't compromise our health, happiness and well-being.

Let's Work Human!