



KEYNOTE

WITH DR. PÉREZ

Are you looking to boost and transform your organization and teams with a high-powered message? Look no further than **Dr. Lizzy Perez**. Her small town, rural upbringing melds with her adult urban living experiences which adds to her spirited style of delivery. You will be energized, moved, and ready to go out in the world and amplify your strengths.

Your Key to Authentic, Significant, and Introspective Leadership

“You want passion, good energy, and intriguing perspectives, call Lizzy!”- A. Ramirez


TESTIMONIALS


“Lizzy was **well spoken** and **confident** in her delivery. Made us all feel welcome and validated.”


“Lizzy **modeled vulnerability** throughout the keynote. Her genuine, **kind spirit** along with her knowledge of leadership and bravery are remarkable! It was an honor to learn and reflect with such a **knowledgeable** leader who has revolutionized **Dare to Lead™!** It really hit home for me.”

“Lizzy presented all of the information so well that I never knew how late in the speech it was! I was **so engaged** that I didn't want the keynote to end!”

GET IN TOUCH

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 San Antonio, TX
*Willing to travel globally



OUR VISION

To evoke awareness and stimulate worthwhile change in one's self and others for leaders in any industry and at any level of leadership

OUR MISSION

We engage in deep introspection and the practice of integrated leadership.



ABOUT DR. LIZZY PÉREZ EDUCATION AND BACKGROUND

- PhD in Leadership Studies, Our Lady of the Lake University
- Masters in Secondary Education, Texas A&M University - Commerce
- Bachelor's in Exercise and Sports Science, Minor in Health & Wellness Promotion, Texas State University
- Certified Professional Coach, iPEC
- Certified Dare to Lead Facilitator, trained by Brené Brown
- Adverse Childhood Experiences (ACE) Master Trainer
- Trauma-Informed Care Practitioner
- Psychological Safety Practices Facilitator

Leadership & Community Involvement:

- Advisory Council Member, San Antonio Leaders and Teachers (SALT)
- Member, Learning Forward Central Texas Steering Committee
- Member, San Antonio Women's Chamber of Commerce
- Advisory Board Member, SXSW EDU

OUR LEADERSHIP

TOPICS



- All. Things. Leadership.
- Activating Daring Leadership Lessons
- Practicing Emotional Intelligence
- Managing Hard Conversations
- Navigating Conflict
- Leveling Up Communication
- Understanding Perfectionistic Behaviors
- Learning about Psychological Safety Practices
- Eradicating the Hustle & Grind Culture
- Stimulating Self-Awareness
- Pursuing Healing-Centered Community Approaches



EXPERIENCE & EXPERTISE

- Facilitation, Mentoring, and Coaching
- Trained thousands of individuals and coached hundreds of teams and leaders.
- Extensive experience with schools, nonprofits, higher education, and corporations nationwide.

WHY CHOOSE DR. PÉREZ

- ▶ **Impactful Storytelling:** Personal twists and insights drawn from her diverse identity and bountiful lived experiences
- ▶ **Collaborative Approach:** Offers personalized support in a co-creative model and resource sharing
- ▶ **Authentic Connections:** Known for bringing enlightening, inspiring, and evidence-based research. Authenticity is her approach and everyone sees themselves in her overall message.

