

Sabrina A. Wilson

Founder, Spill the T Consulting, LLC

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I work with leaders at pivotal crossroads to build trust, lead courageously, and perform during transitions.

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AUDIENCES LEAVE PREPARED TO:

- Navigate pivotal career and leadership crossroads with greater clarity
- Build trust and strengthen speak-up cultures
- Apply individual and team strengths to improve performance
- Lead people through change with courage, clarity, and accountability

“A valuable opportunity for self-reflection and team assessment, helping us better understand individual strengths and development areas to build a stronger, more effective team.”

—Patricia, Caesars

SPEAKING ENGAGEMENTS:

Women in Manufacturing Summit
International Security Conference
HITEC (Hospitality Technology)
Customer Contact Women
Security LeadHER
Purdue University
SIA AcceleRISE
HRCI & Indiana SHRM
DHI All Access & DHI ConNextions

SIGNATURE PROGRAMS

Practical experiences for navigating career, team, culture, workforce or organizational transitions

Career & Leadership Growth:

- **Accelerate Your Career with a Personal Board of Directors**

A powerful framework for growth, influence, and leadership

- **Give to Gain**

Turning generosity into career and collective impact

- **Shift Your Career into High Gear**

5 keys to accelerating success and impact

Trust & High-Performance Cultures:

- **From Silence to Trust**

Build speak-up cultures that drive high-performing teams

- **Thrive Through Your Strengths**

Lead with greater clarity by applying what you do best.

Talent & the Future of Work:

- **From Tasks to Talent**

How AI unlocks workforce potential

- **Capability Accelerator Program**

Building Strategic HR Business Partners



Spill the T

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LEADERSHIP AT THE CROSSROADS

Sabrina's programs meet leaders at the crossroads of career growth, culture change, workforce transformation, and leadership performance. Each experience is designed to build trust, strengthen courageous leadership, and equip leaders to perform through transition.

WHY BOOK SABRINA

Sabrina combines executive-level credibility with engaging stories and practical tools that audiences can apply immediately.

- **Real-world authority:** 30+ years leading transformation, growth, culture change, and complex leadership moments.
- **Relevant, actionable content:** Practical frameworks that strengthen careers, cultures, and leadership performance.
- **Customized for the audience:** Every presentation connects to the organization's priorities and desired outcomes.
- **Impact beyond the event:** Memorable tools and practical next steps that strengthen trust and turn pivotal moments into forward momentum.



WHAT CLIENTS HAVE TO SAY

Attendees are still raving about Sabrina's presentation on building a Personal Board of Directors; we are excited to invite her back as a speaker to our main event in June.

**—Sandy Ko Fonseca, Founder,
Customer Contact Women**

Sabrina's analytical approach to coaching made this one of the top three leadership conference sessions I've ever attended. Attendees will leave with practical strategies, measurable goals, and greater accountability.

—Rahil Siddiqui, Founder, Wilya

Sabrina brought clarity, calm, and strategic focus as I stepped into an SVP role. Her thoughtful coaching and expert facilitation helped our team align quickly, prioritize effectively, and leave with a clear plan of action.

—Courtney Reid, SVP HR, AtkinsRéalis

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