



HEATHER WHELPLEY

*International Speaker,
Award-Winning Author,
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Heather Whelpley is an international speaker, award-winning author of *Grounded Wildness* and *An Overachiever's Guide To Breaking The Rules*, and host of the podcast *Grounded Wildness*. She speaks frequently at companies and conferences across the US and globally, where her presentations inspire women to share their voice and take bold steps in their career.

Prior to starting her business, Heather spent over a decade in human resources and managing leadership development programs at Fortune 500 companies in the US, Australia, and Latin America. She has a master's degree in Human Resource Development from the University of Minnesota and is a graduate of the Coaches Training Institute. Heather lives in Colorado where she hikes and explores as much as possible.

Full descriptions of speaking topics at heatherwhelpley.com/speaking.

Live, Work, and Lead with Grounded Confidence

"Heather's presentation for our Women's Leadership Forum was incredible!" -Brittany Dvorak, HR Leader, Cargill

Discover Your Authentic Voice - And How To Use It To Lead Change

Have you ever felt like something had to be perfect before you could share it? Or that you didn't know enough to speak up? Or maybe you've been told that you're too direct. Or need to be more confident. Or both! It's time to let those messages go and reclaim your voice, get heard, and create impact.

Imposter Syndrome - And What To Do About It

"I'm not ready. I just got lucky. Do I really know enough to be here?!?" These imposter thoughts influence how you show up in your career - but it doesn't have to be that way! Let's quiet the inner critic and reignite your confidence so you can take bold steps and know you deserve a seat at the table.

Creating Your Own Rules For Success

What rules are you playing by in your career? Do you feel like you have to say yes to everything? Always have to be productive? Aren't allowed to fail - or even make a mistake? It's time to break those rules, redefine success on your own terms, and create a new set of rules that lead to joy, freedom, & impact.

The Grounded & Wild Leader: Reclaim Power & Unleash Authenticity

Chances are good you were handed some great stories about leadership - and others that took away your authenticity & power. We're going to redefine those stories and reconnect to the grounded & wild leader within so you can stand powerfully in your authenticity - and mentor others to do the same.

Surviving To Thriving: A New Way To Manage Burnout

Massages and bubble baths are great, but they aren't the cure to burnout. Instead of scratching the surface with temporary fixes, we'll dive into the REAL steps to recover from burnout so you can truly *thrive* in your work, life, and leadership.

Grounded Wildness: Break Away From "Should" & Reclaim Freedom

You've been handed a set of rules that are confusing and conflicting. Work harder and do more - and set boundaries! Speak up - but don't upset anyone! No wonder you're exhausted. It's time to let go of the rules, listen to your own voice over outer noise, and reclaim your freedom.

Live, Work, and Lead with Grounded Confidence

PARTIAL CLIENT LIST

Corporations:

- Deloitte
- PepsiCo
- Johnson & Johnson
- Boston Scientific
- General Mills
- Comcast
- Medtronic
- Ameriprise Financial
- Cargill
- Bristol Myers Squibb
- Illinois Tool Works
- Toro
- Mortenson
- Lindt Chocolate
- Discover Financial Services
- Motorola Solutions

Associations:

- Society of Women Engineers
- Women in Manufacturing
- Women's Foodservice Forum
- Women's Meat Industry Network
- ASQ, Women In Quality Symposium
- National Women in Roofing
- Minnesota Bankers Association

"Heather's presentations on imposter syndrome for our Women's Leadership Forum were incredible! You know it's a good session when comments are flying into the chat so fast you can't even keep up! Feedback from the session has been fantastic, with participants calling the event thought-provoking, engaging, and inspiring. Word spread so quickly that people across the company immediately inquired about how they could share the session with their broader teams. It doesn't get much better than that! "

Brittany Dvorak, HR Leader, Cargill

"Heather spoke on Creating Your Own Rules For Success at our annual General Mills Women in Marketing event. We received fantastic feedback from the session and everyone left feeling empowered to define success on their own terms and step into the person they want to be in their career and life as a whole."

Amanda Burlison, former Betty Crocker Brand Manager at General Mills

"Heather was dynamic, engaging and authentic, creating a space where our employees felt comfortable sharing and engaging on topics previously 'off limits' with colleagues. It was incredible to see the vulnerability our employees shared BECAUSE of the brave and open space Heather immediately created with the group. Additionally, in our post-event survey, 100% of employees said they plan to use the tools from the session in their ongoing development!"

Sarah Strehl, Chief Human Resources Officer, ECMC Group

"We hired Heather to speak on imposter syndrome for the kick-off event of our first women's network at Promach. She knocked it out of the park! I was amazed at the level of engagement from the group. Even better, within just three weeks after the event, two women in the group had applied for senior roles at our company and directly attributed the imposter syndrome session in their decision to apply. These were exactly the results we were hoping for!"

Lisa Propati, Vice President and General Manager, Promach

SCHEDULE HEATHER FOR YOUR NEXT EVENT

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LEARN MORE: www.heatherwhelpley.com/speaking



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