



BREAKING THE HARD RULES:

REDEFINING STRENGTH IN WOMEN'S LEADERSHIP

“We are leaders of people, and people are looking for something more honest, more real, and more grounded - more you. This is not about being more badass. It’s about being more you.”

Breaking the Hard Rules is a high-energy, story-driven keynote experience featuring spoken word, improv, and meaningful audience participation.

Why are so many women leaders exhausted by rules that no longer serve them?

Women are still leading by rules they never wrote. While these rules once helped women succeed, today they quietly drive burnout, limit effectiveness, and shape unsustainable cultures. Leadership today requires clarity, trust, and emotional intelligence.

This session invites women to examine the rules they are perpetuating, choose a more powerful definition of strength, and recognize how their leadership models success for the next generation.

THE ROI

- Stronger leadership presence
- Improved communication and influence
- Reduced burnout
- Greater alignment with values and legacy

LEAVE WITH

- Clear awareness of the hard rules shaping how you lead and the cost of continuing them
- Greater ability to lead in values-aligned ways when people need it most
- Practical application of the L.E.A.D. framework to interrupt leadership extremes in real time
- Clarity around the legacy you are modeling through everyday leadership behavior

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This talk can be tailored for all leadership audiences, with an optional breakout session available.