

# TRANSFORMING COMPANY CULTURES.

## Helping Leaders And Organizations To Create Positive Work Environments

Dr. Carlissa Runnels is a dynamic keynote speaker, author, and leadership coach who is passionate about helping **people unlock their full potential and become the leaders they are meant to be.** With nearly two decades of experience in corporate leadership and a doctoral degree in organizational development, Carlissa **brings a powerful blend of strategic insight and a people-centered approach to every stage.** Carlissa shares compelling stories of perseverance, growth, and leadership from the inside out. Her speaking engagements **leave audiences inspired and equipped to lead with integrity, embrace change, and cultivate personal and professional resilience.** Known for her warmth, authenticity, and thought-provoking insights, Carlissa Runnels is not just a speaker — **she's a catalyst for transformation.**

Through her work—whether in coaching sessions, workshops, or speaking engagements- Carlissa has guided countless professionals through transformative growth, helping them **break through limitations** and step into their highest selves. She is a passionate advocate for **resilience, leadership, and authentic transformation,** regardless of the type of organization you are in.

**Her mission is simple but powerful: to cultivate strong, self-aware leaders and teams who make a meaningful impact in their organizations and communities. With a deep belief that leadership starts from within, she empowers others to lead with confidence, clarity, and authenticity.**



In her keynote, Dr. Runnels unpacked the concept that you can be a leader in everyday life. In my work, church, family, and volunteering, I can be a leader. It does not have to be an untouchable concept. It takes place every day.

- Nicole Michel

# Speaking Topics For Individuals/Organizations



## **Resilient Leadership:**

### **Thriving Through Change and Adversity**

In this inspiring keynote, discover how resilient leadership can transform challenges into opportunities for growth and success. Learn practical strategies to cultivate mental toughness, adapt to change with confidence, and lead teams through uncertainty with clarity and purpose. Whether facing personal setbacks or organizational shifts, this session empowers leaders to bounce back stronger, inspire resilience in others, and thrive no matter the circumstances.

## **Leading with Emotional Intelligence:**

### **The Key to Authentic Influence**

This keynote dives into the transformative power of emotional intelligence in leadership. Learn how self-awareness, empathy, and effective communication build trust and inspire authentic influence. Attendees will gain actionable tools to strengthen relationships, navigate difficult conversations, and lead with compassion—creating a positive and lasting impact in any organization or community.

## **Women in Leadership:**

### **Breaking Barriers and Shaping the Future**

This empowering keynote celebrates the strength, resilience, and leadership of women breaking barriers across industries. Explore the challenges and opportunities women face today, and discover strategies to overcome obstacles, build confidence, and create meaningful impact. Attendees will be inspired to lead boldly, mentor others, and shape a future where women's voices and influence continue to grow.

## **The Power of Authenticity in Leadership and Communication**

In this insightful keynote, discover how authenticity serves as the foundation for effective leadership and impactful communication. By embracing your true self and leading with transparency, you create deeper trust and stronger relationships within your team and organization. This session empowers leaders to break down barriers, foster inclusive cultures, and drive sustainable success by harnessing the power of authenticity.

**In addition to her most popular presentations, Dr. Runnels is happy to create customized speaking topics tailored to your audience. She also offers engaging team-building workshops upon request.**



# Speaking Topics For Colleges/Universities

## **Leading with Purpose:**

### **Discover Your Authenticity as a Student Leader**

This empowering keynote helps students uncover their unique leadership style and align it with their personal values and goals. Attendees will explore how leading with purpose builds confidence, inspires others, and creates meaningful impact both on campus and beyond. Practical tools and real-life examples will guide students to become authentic leaders ready to navigate challenges and seize opportunities during their college journey and future careers.

## **The Mindset Shift for Success:**

### **How to Cultivate Confidence and Courage**

This motivational keynote explores the essential mindset shifts needed to build lasting confidence and courage. Attendees will learn practical strategies to overcome self-doubt, embrace challenges, and develop resilience that fuels personal and professional growth. By cultivating a positive and courageous mindset, participants will be empowered to take bold steps toward achieving their goals and unlocking their full potential.

## **From Classroom to Career:**

### **Leadership Skills Employers Actually Want**

This practical keynote equips students and emerging professionals with the leadership skills that matter most in today's workforce. Attendees will learn how to translate classroom experiences into real-world leadership capabilities, including communication, teamwork, problem-solving, and adaptability. With actionable insights and strategies, this session prepares participants to stand out, lead confidently, and succeed in their career journeys.

## **Networking with Confidence:**

### **Building Relationships that Launch Your Career**

This dynamic keynote empowers attendees to approach networking with confidence and authenticity. Learn proven strategies to build meaningful professional relationships, overcome common networking fears, and create opportunities that accelerate your career growth. Whether you're just starting out or looking to expand your network, this session will equip you with the tools to connect, engage, and leave a lasting impression.



**Dr. Runnels helped me realize the importance of continually improving and enhancing my leadership. No matter where you are in your leadership development, it is always important to learn.**

- Zachary Sheriff

**My biggest takeaway from listening to Dr. Runnels is that leaders have to have a motivated mindset.**

- Alexander V.

## ***Learning to Lead: A Guidebook For Effective Leadership***



Leadership is a mix of science and art, which requires preparation and dedication for individuals to lead successfully. This guidebook directs aspiring, new, and experienced leaders on how to improve their leadership skills.

***Learning to Lead*** examines the foundational essentials, mindsets, and behaviors that promote leadership success. This powerful book also provides leadership motivation and discusses the importance of cultivating your leadership identity.

***Learning to Lead*** is a practical guidebook filled with advice and thought-provoking questions that empower individuals to grow and thrive on their leadership journey.



Available on  
**amazon.com**



Book and Connect  
with Dr. Runnels Today!



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