



Lelia
GOWLAND

FULL BIOGRAPHY

Lelia (rhymes with “Amelia”) is a sought-after speaker and writer. She works with people and organizations that want to lead with authenticity to create happier, more effective teams.

Fortune 500 companies and professional associations from across North America regularly hire Lelia to support their teams.

Described as “the confidence fairy godmother we all need,” Lelia has delighted audiences ranging from experts in international shipping, to doctors, to fancy bartenders.

In her speeches and writing, Lelia uses dynamic storytelling and personal vulnerability so we all feel less alone. We build a powerful sense of connection when we share those “real life” moments — the ones we all experience but don’t always talk about.

In addition to writing her much-loved weekly newsletter on authenticity, Lelia’s written over 150 articles in national publications including *Huffington Post*, *Forbes*, and *Harper’s Bazaar*. As a devoted fan of teen magazines growing up, she was particularly delighted when *Cosmopolitan* and *Marie Claire* profiled her for her affirming approach.

Her book *You Got This: The Ultimate Negotiation Guide for Professional Women* provides a “fresh and instantly applicable” toolkit for anyone ready to develop their own authentic voice in negotiation.

Finally, as a New Orleans native and enthusiast, Lelia freely uses the word y’all and has an entire closet dedicated to costuming.

See Lelia in action: www.LeliaGowland.com



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SHORT BIO

Ideal for event programs and the web

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