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"Everyone at some point in their life experiences feelings of being stuck, stressed, or wanting something different. I've been there. My goal is to help others see new opportunities and take ownership of their choices, so they can get better results."

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about

*Lena Scullard* 

pronounced: lee-nah skull-rd

Lena Scullard is a top-rated keynote speaker, facilitator, and emotional intelligence expert who empowers professionals to take ownership of their mindset and choices to create meaningful results. Known for her unique blend of storytelling, relatable insights, and interactive delivery, Lena inspires audiences to embrace personal accountability, especially under pressure. With more than 20 years of experience in hospitality and leadership, along with a decade in corporate training, Lena has dedicated her career to helping individuals and teams unlock resilience, purpose, and a lasting impact through her "own your power to choose" philosophy.

Throughout her career, Lena has designed and delivered custom programs for diverse clients and facilitated renowned courses from FranklinCovey, The Pacific Institute, Achieve Forum, and DiSC. Her educational background in Theater and English Literature, along with multiple certifications in facilitation and program design, shapes her dynamic, audience-centered presentations. Lena also brings her expertise to the programming team for TCSHRM, helping to provide impactful learning opportunities for HR professionals across industries.

Originally from rural Minnesota, Lena's resilience journey began early, facing life's challenges after a Type 1 Diabetes diagnosis at age eight—a turning point that fueled her passion for growth, empathy, and adventure. When she's not on stage or consulting with clients, Lena can be found reeling in a catch on a fishing trip, camping under the stars, or taking scenic back roads on her husband Don's motorcycle. An active community theater participant, Lena brings her natural storytelling skills to every presentation, connecting with audiences authentically. Whether she's speaking, teaching, or cheering on the Minnesota Vikings, Lena's zest for life shines through. She's thrilled to help audiences harness the power of emotional intelligence and inspire a ripple effect of confidence, resilience, and positive change.