



Empowering professionals to build resilience, strengthen relationships, and own their outcomes through emotional intelligence.

Lena Scullard

Lena Scullard is an energetic keynote speaker and expert in emotional intelligence, known for empowering professionals to own their mindset and choices for greater impact. With over 20 years in hospitality and leadership and a background in theater, Lena's dynamic style and **"own your power to choose"** philosophy inspire audiences to build resilience and drive positive change. Through interactive sessions packed with relatable insights, Lena fosters accountability, stronger relationships, and a ripple effect of results.



Trusted by organizations of all sizes and across industries.



Heather R.



Lena's presentation resonated with so many of our team members, thanks to her blend of relatable real-life experiences, humor, and professionalism.



Carrie T.



Lena kept the audience engaged and they loved that she involved the audience in her presentation.



Berty L.



Now this is a speaker to choose for any leadership, mentoring, mental resilience, or any topic for that matter.



Schedule a Call Now!



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Own Your Power to Choose



Elements of Emotional Intelligence



VSPA Danielle Russ
★★★★★

Lena's ability to blend insightful strategies with real-world applications was truly remarkable. She captivated the audience with practical, thought-provoking advice and shared invaluable leadership tools. Her energy, passion, and expertise shone throughout, making her sessions both informative and inspiring. If you have the opportunity to attend one of her presentations, don't hesitate—it's an experience that will leave you feeling motivated and empowered to lead with greater impact! Five stars all the way!

Most Requested Topics



Stitch It Up! A Mantra for Mental Resilience

Build resilience in the hard moments of life through awareness, acceptance, attitude, and accountability



Mission Accomplished: Pursuing Purpose

Align mindset and daily actions with purpose to find fulfillment and achieve meaningful goals.



iDEAL Interactions: Adapting to Differences

Understand and adapt to fundamental human differences for stronger communication and connection.



Level Up Leadership: Elevating Engagement

Servant-leadership strategies to elevate engagement and foster high-performing teams.



Chaos to Calm: Transforming Conflict with EQ

Emotional intelligence strategies to de-escalate conflicts and harness collaboration.

Keynotes, Breakouts, and Workshops!

Book Lena Today!



651.788.6320