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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 consultant who specializes in emotional intelligence and helping professionals confidently take ownership of their mindset and choices to create meaningful results. With over 20 years of experience in hospitality and leadership, and more than a decade in corporate training, Lena has dedicated her career to empowering individuals and teams to unlock resilience, purpose, and impact. Known for her unique ability to connect with audiences, Lena blends engaging stories, relatable insights, and interactive elements that encourage participants to embrace personal accountability and act with intention, especially under the pressure of stress and emotional moments. Through her "own your power to choose" philosophy, she challenges people to shift their mindset and take control of their actions to foster stronger relationships, inspire growth, and drive positive change.

Throughout Lena's professional journey, she has designed and delivered custom programs for a variety of clients and facilitated renowned programs from FranklinCovey, The Pacific Institute, Achieve Forum, and DiSC. In addition to her education, with degrees in Theater and English Literature, she holds multiple certifications in facilitation and design, which shape her dynamic, audience-centered presentations. Lena is also active as a volunteer on the programming team for TCSHRM, where she helps lead efforts to provide a variety of impactful learning opportunities for HR professionals, fostering growth and development within a field she is passionate about.

Originally from rural Minnesota, Lena's resilience journey began early, learning strength and grit after a Type 1 Diabetes diagnosis at age eight—a challenge that fueled her lifelong passion for growth, empathy, and embracing the many experiences of life. Among her proud accomplishments, she is a winner of two karaoke contests and several local poker tournaments. When she's not inspiring audiences or consulting with clients, Lena can be found seeking new experiences and adventure, reeling in a catch on a fishing trip, camping under the stars, or zooming down scenic back roads on the back of her husband Don's motorcycle. An active participant in community theater, Lena brings her flair for storytelling and performance to each presentation, authentically connecting with her audience. Whether she's speaking, teaching, or cheering on the Minnesota Vikings with a spirited SKOL, Lena's zest for life shines through. She is excited to help your organization harness the power of emotional intelligence and empower individuals to own their power to choose—creating a ripple effect of confidence, resilience, and positive change.