

SPEAKER KIT

Lizette Warner International

DR. LIZETTE WARNER

PhD · Master Certified Coach · Published Author · Keynote Speaker

"I help ambitious high performers turn down the volume on stress — so they think clearly, lead decisively, and sustain their performance without burning out."



SIGNATURE KEYNOTE

Turn Down the Volume

A New Framework for Performance in a Reactive World

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Booking inquiries welcome

ABOUT THE TALK

Most high performers don't have a performance problem. They have a volume problem.

When the internal noise is too loud, organizations pay for it — in burnout, disengagement, and decisions made from pressure instead of clarity. Dr. Lizette Warner helps ambitious high performers understand what's actually driving their internal pressure — and how to operate from clarity instead of noise.

In this keynote, Dr. Warner reveals how the nervous system quietly sets the ceiling on performance — and why the leaders who learn to turn down the volume don't just survive pressure, they lead through it with clarity, presence, and precision.

WHAT YOUR AUDIENCE WILL LEAVE WITH

- A name for what's been quietly limiting their performance — and why pushing harder makes it worse
- An understanding of why their nervous system — not their effort — has been setting their ceiling
- The Volume Check: a 3-question framework they can use immediately
- A new relationship with pressure — as a signal to read, not a force to push through
- Practical tools for leading and communicating with clarity, even when the pressure is high

BEST FOR

Corporate conferences, leadership summits, and executive retreats where the audience includes ambitious high performers, senior leaders, or organizations navigating rapid change, performance fatigue, or burnout risk. Also highly effective for ERGs and women's leadership events.

ABOUT DR. LIZETTE WARNER

Dr. Lizette Warner is a keynote speaker and leadership performance expert who helps high performers and organizations turn down the volume on stress — so they think clearly, decide confidently, and lead sustainably under pressure.

A PhD-trained biomedical scientist, ICF-certified Master Certified Coach (top 4% globally), and published author of *Power, Poise & Presence*, Dr. Warner brings over 20 years of executive leadership experience to every stage. Her work sits at the intersection of neuroscience, leadership performance, and human sustainability — and her frameworks are used by leaders across corporate, healthcare, and academic settings.

She speaks at corporate conferences, leadership retreats, and executive events on topics including leadership under pressure, high-performance culture, decision-making, executive presence, and workplace resilience. She also partners with organizations through executive coaching and leadership development programs delivered through her leadership development company, Trust & Leadership Coaching.

What People Are Saying

“Lizette was PHENOMENAL. I left feeling clear and concise on my next steps.”

— Simone, University of Texas at Dallas

“She was inspiring, relatable and you'll love the lesson takeaways.”

— John Rodgers

“The talk was relevant to our everyday lives and easy to relate to.”

— Les Monroe, Genentech

I understood stress and how to cut or change it's impact on my life.

— Mike Cullen, Accurate Group

Past Speaking Events

upbound™ CHIEF™  PHILIPS 

Lizette's Book

“Power, Poise, and Presence reminded me of Daring Greatly by Brené Brown — the result was the same: owning myself and standing firmly in my own power.” — Pam

Link to Headshots

For [speaking](#), [black background](#)

For [Podcast](#)

Speaking [action shots](#)

STAGE INTRODUCTION

Please read the following introduction or modify it to suit your needs:

Most high performers believe the pressure they feel is the price of success. Our next speaker has spent over two decades proving that belief wrong.

She is a PhD-trained scientist, a Master Certified Coach ranked in the top 4% of coaches globally by the International Coaching Federation, and the published author of *Power, Poise & Presence*. She has spent her career helping ambitious high performers understand what's actually setting the ceiling on their performance — and how to raise it.

Today she's going to give you a framework for something you've been living but may not have been able to name. By the time she's done, you'll understand exactly what's been turning up your internal volume — and you'll know how to turn it down.

Please welcome Dr. Lizette Warner.

AV & TECHNICAL REQUIREMENTS

MICROPHONE	Any type — lavalier, handheld, or headset all work.
PROJECTOR	Any type — standard screen or LED display both work.
MONITOR	Confidence monitor on presenter view
CLICKER	Please ensure the clicker is in range when Dr. Warner is on stage.
NO MEDIA	No audio, sound, or wifi is needed from the presentation. No media will be played.

Questions? Contact us at info@lizettewarner.com · lizettewarner.com · LinkedIn: [@lizettewarner](https://www.linkedin.com/company/lizettewarner)