

# Kimberly Lyall

INSPIRATION • EMPOWERMENT • RESULTS



## SPEAKER PROFILE

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## About Kimberly

Kimberly Lyall is a dynamic speaker, award-winning consultant, and in-demand instructor who inspires people and changes lives. Born and raised in Lethbridge, Canada, at the age of 20 years she was given a special Blackfoot blessing "On the Trail of the Buffalo" which guides her journey in sharing lessons she's learned about purpose and personal power.

**Kimberly empowers people.** She engages her audiences, forming deep connections while taking them on a journey about themselves. She has enthralled audiences around the world for more than 20 years, encouraging people to live courageously and fully.

A visionary leader, Kimberly is known for ground-breaking actions that truly change the world. She uses her extensive experiences in social community development, tourism, history, and economic development to encourage leadership and change. Kimberly has experienced incredible highs and lows, ranging from the tragic loss of an employee to suicide following theft, to the fantastic experience of receiving a Governor General's Award. Supporting her spouse through life-saving surgeries, while also navigating the legal system to advocate for herself against a wrongful dismissal, exponentially tested her resolve. Through surviving many traumas, Kimberly has learned what it takes to rebuild and to thrive.

Kimberly believes in the beauty of each day, and the ability we all have to create impact. Her message is of believing in yourself, making choices, and not taking no for an answer! From tears to laughter, Kimberly shares her trials and triumphs, and will have you cheering for all that life can be!

"Kimberly is a phenomenal motivational speaker, and her keynote for our conference was **outstanding!** She masterfully encompassed the themes that had been conveyed during the conference while delivering inspirational stories and insights of her own. **She was powerful and moving.** Our attendees loved her!"

- Deb Bateman, CEO/Cofounder, Empower International

# WHY HIRE KIMBERLY?

## 1. Inspiring & Memorable

Audiences often recall Kimberly's presentation as the highlight of the event, and remember her stories years later.

## 2. Customized to your Theme and Needs

Kimberly ensures that her message is meaningful and relevant to both your audience, and to the goals for your event.

## 3. Easy to Work With

Kimberly makes your life easier! She provides everything you need ahead of schedule, arrives to your event early, requires minimal set-up, and engages with your audience pre and post her presentation. She's even been known to step into the role of emcee and event planner at events on the fly when disaster struck, and these professionals were not available!

## 4. A Partner in your Success

Kimberly is not just a speaker – she's a partner in supporting you to achieve your goals! A servant leader, she loves being part of a collaborative team and brings all she can to every event.

## 5. Truly Motivational & Engaging

Kimberly changes lives. She connects with audiences in authentic ways that have them laughing, crying, and reaching deep inside to ask what they really want out of life. **She is the inspiration that every gathering needs to feel ready and empowered to take the next steps, what ever they are.**

"If you are looking to hire a high-impact, professional speaker whom your attendees will talk about long after your event, look no further than Kimberly Lyall. Her presentation was engaging, heartfelt and extremely well-received."

- Ashley Walker & Whitney Bullock, Owners, Pink Tie Events Inc

## POPULAR KEYNOTES

### *On the Trail of the Buffalo*

The story of how a Blackfoot blessing at the age of 20 years helped Kimberly understand how a lifetime of struggle and success are all part of her journey to learn lessons of purpose, and to share these with others.

**Audience take-aways:** Everyone is valuable and has purpose. It doesn't matter where you are from or what your background is. It matters what choices you make. Dreams can come true.

### *Breaking Barriers*

Our fears and insecurities prevent us from achieving all we are capable of. Recognizing our true potential, innovating rather than playing it safe, not accepting NO for an answer, and ultimately facing our fears is the way to becoming who we are meant to be.

**Audience take-aways:** Knowing yourself is powerful. Recognize the barriers you've learned to put in front of yourself. Chose to do what makes you afraid. No is only an indication to try a different way.

### *Finding Awesome Joy*

It's easy to be overwhelmed and depressed in today's world. Additional stress related to being a caregiver, losing a job, or illness dramatically compounds this. Kimberly has experienced all of the above. Awesome joy is still possible through using your AWE – Age, Wisdom, and Experience - to find life's beauty in even the most difficult times.

**Audience take-aways:** Attitude and gratitude are a choice, and make the difference in difficult times. Everyone has lessons learned from AWE - Age, Wisdom, and Experience. There is beauty even in difficult times.

## POPULAR KEYNOTES

### *Burning Bright*

Fully customized to the theme of your celebration, this presentation provides candles for all audience members, and takes them through lighting each other's candle in times of darkness.

**Audience take-aways:** There is always someone near who cares about you and wants to support you. Everyone struggles. The key is reaching out when you do. Celebration tonight, achievement and life!

### *Additional Keynotes*

Kimberly has a wealth of experiences and stories that are relevant to several themes. Additional topics Kimberly can speak on include:

- Transformation & Change
- Resilience & Reinvention
- Leadership
- Mental Health & Wellness
- Providing Care & Support (Caregiving)
- Advocacy
- Mission & Purpose
- Building Inclusive Communities

"Kimberly's presentation of her story took us through her journey in a way that you felt like you were there with her. **Her passion and encouragement will not be forgotten.** All the feedback I received was of excellence. There were so many different take-aways that each individual could relate to their own lives. Thank you for such a wonderful experience."

- *Laura Terry, Organizer, Residence Life Professional Association Conference*

# WORKSHOPS

Kimberly's workshops are engaging and outcome-driven! Participants leave feeling invigorated, and with useful tools for their personal and professional lives.

## Personal Growth Workshops

### **Letting Go – The Letters Exercise**

Old hurts, frustrations and anger hold us back, and can cause immense damage to our health. Participants will learn an exercise to shift from the negative to the positive, helping let go of what harms them, and making room for joy.

### **The Big Rocks – Doing what's Important**

In an overwhelming world, knowing what's important makes the difference between thriving and crying. Participants will learn to identify priorities, set boundaries, and give themselves permission to not be perfect.

### **Using your Voice - Public Speaking for any Situation**

Challenging the fear of speaking up and out! Participants will learn and practice effective tips and tricks for comfortably and confidently getting the right message across in any setting.

### **Beautiful You – Belly Dancing your way to Self Love**

A fun and interactive introduction to belly dance. Participants of all shapes and sizes will be empowered to learn basic movements, understand more about the art of belly dance, and experience increased self-confidence. Women only. Requires a large, open space with mirrors. Option: Coin belts for participants to take home can be provided for an additional fee.

"Kimberly is highly capable, but more importantly, naturally able to connect with people in a way that **creates a nurturing, positive and inspirational relationship**. I would highly recommend her. She will truly deliver an outstanding result that will surpass all expectations."

- Lana Barlow, Product and Event Marketing Manager, TELUS Agri-Tech

# WORKSHOPS

## *Professional Evolution Workshops*

### **Finding your Purpose – The Litmus Test for Success**

Defining and understanding Vision, Mission and Values is critical to success, yet eyes glaze over when people hear those terms! Participants will gain insight into why these pieces are so important, and assess the purpose in their own lives.

### **Smashing Solutions – Why Crazy Works!**

Outside-the-box thinking can lead to amazing results! Participants will engage in fun exercises and activities to get their creativity flowing, and learn how asking why it WILL work instead of why it won't makes a huge difference.

### **Leading Change – The Best View is from the Driver's Seat**

People who embrace change lead their industries and live fulfilling lives. Participants will learn how to assess their comfort with change, get comfortable being uncomfortable, and see change as a positive force.

### **Source or Symptom - Managing Conflict in a Polarized World**

Conflict can be a sign of opportunity if it is identified and managed well. Participants will learn to identify symptoms and sources of conflict, and strategies to turn conflict into opportunity.

### **Rebuilding and Risk Management – The Chinook Tourism Story**

An in-depth sharing of experiences discovering employee fraud, then rebuilding the organization after employee suicide and no recovery of the stolen funds. Participants will gain insights into risk management, and learn the hard questions organizations should ask in order to protect themselves from risks of all kinds.

### **Maximizing Opportunity – The Coyote Flats Oral History Project Story**

The story of how the award-winning Coyote Flats Oral History Project was sparked by a comment from a high school student. Participants will learn how to recognize and maximize opportunities.

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