

# Eye Opening. Paradigm- Shifting. Limitless Potential.

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A diversity and inclusion leadership expert & speaker, Ame-Lia brings a transformative experience to your community. Prepare to be inspired and witness change where you didn't think change was possible. Through her remarkable blend of compassion, directness, and humor, she guides participants on a profound journey of unbecoming, shedding old paradigms to embrace a new path.

Ame-Lia's approach creates a safe and engaging space for challenging conversations, opening the door to the transformative power of diversity and inclusion.

Experience firsthand the life-changing impact that her talks can have, as you gain the knowledge and tools needed to ignite positive change within yourself and your surroundings.

## Prepare for something extraordinary.

*"Ame-Lia lays the groundwork for true collaboration, leaving space for everyone's voice to be heard. With a gentle and quiet confidence, she poses insightful questions, fostering a sense of curiosity rather than judgement or critique. She's the sort of speaker who makes attendees lean in to catch every word. More importantly, she cultivates a spirit of respectful enquiry that extends far beyond the topic at hand."*

Denise Marchessault, Chef &  
Author of *British Columbia from  
Scratch*

**HUM**  
CONSULTING



# Keynotes - Workshops - Breakouts

## Speaking Topics

**Why Diversity and Inclusion Matter To Your Organization** - In a world where organizations are losing employees and struggling to attract talent, this talk creates a fresh perspective on the benefits of diversity, equity and inclusion work and leaves participants empowered to create a welcoming environment for innovative leaders.

The audience will leave with:

- An expanded perception of DEIB that ignites curiosity and momentum
- Increased innovative potential to create products and services that matter
- Practical tools to accept diverse perspectives in the workplace

**Cultivating Cultures of Belonging**- In this experiential keynote, participants build their professional skills to cultivate safe, courageous environments that welcomes authenticity and diversity.

The audience will leave with:

- A deep understanding of the power of listening
- The 3 principles of belonging that birth new possibilities for your community
- The 3 agreements that create safety for generative conversations

**Infinite Possibilities - The Art of Creating the Life you Love** - This experience shakes off old ways of thinking so participants can magnetize the life they dream of living.

The audience will leave with:

- Powerful tools to deliberately create the life they want
- The most important principle to live by to manifest their deepest desires
- The navigation system that leads to dream outcomes with little effort

*"Ame-Lia's approach to speaking is captivating. She has a unique skill in creating impact on an audience. She uses her calm, respectful approach to create safe spaces where ideas and concepts grow into motivation and action. I would highly recommend using her services for your team."*

## Ame-Lia has recently spoken at:

- ACCESS AGM Retreat - 2023
- Chartered Professionals in Human Resources HR Conference & Expo - 2023
- BC Recreation and Parks Association Symposium - 2023
- Leading Leaders International Summit - 2023
- Female Wave of Change Canada - 2022
- eWomen Network Victoria - 2022
- eWomen Network Calgary - 2022
- Sweet Spot International Leadership Summit - 2022
- Voices of Women - International Summit 2022
- eWomen Network Victoria - 2021
- Victoria Facilitators Group - 2021
- Rotary Club of Red Deer East - 2020
- Tamarack Institute 2020
- Soroptimist Club International 2020

*Ame-Lia, I can't begin to thank you for all the direct and indirect insights you provided me with. I laughed and teared up so much during your session. Thank you!*  
Teresa L., CPHR Conference 2023

Reach out now to unlock the hidden knowledge and untapped leadership potential in your organization.

I look forward to meeting you!

Ame-Lia

# More than a talk. This is an experience.

When you work with me, you're guaranteed a talk that fits your context and addresses the issues on and under the table.

I work in trauma-informed ways to meet everyone where they're at and create space for people to be themselves, while laying down old ways of being to release unlimited potential.

### What You'll Receive:

- Pre-event Conversation: To learn more about your community's needs.
- Tailored planning: Messaging and activities that speak to your unique needs, values, and culture and create the impact you most need.
- The Experience: A 90-min to full-day engaging event.
- Follow-up Conversation: Sharing feedback, identifying additional needs and celebrating.

**Talk Format** - My talks work as keynotes, breakouts or workshops. I look forward to creating an experience that meets your needs.

**To book Ame-Lia please inquire at:**  
**[ame-lia@humconsulting.ca](mailto:ame-lia@humconsulting.ca)**