Carey Lohrenz

World's First Female F-14 Tomcat Fighter Pilot

HIGH PERFORMANCE UNDER PRESSURE™ Pressure doesn't create character. It reveals it. It reveals priorities, communication, leadership, and culture. It exposes what's working—and what isn't. In High Performance Under Pressure™, Carey shares applicable strategies for creating clarity, strengthening communication, and sustaining execution when the stakes are high. Built around her proven Prepare–Perform–Prevail framework, this keynote helps leaders and teams navigate uncertainty, adapt to change, and turn pressure into a performance advantage. It's especially valuable for sales kickoffs, annual meetings, and leadership conferences where organizations need to build momentum, align around strategy, and sustain execution long after the event concludes. Because pressure is inevitable. Performance is a choice.

FEARLESS LEADERSHIP™ Confidence often disappears long before capability does. People still have the talent. They still have the experience. What they lose is confidence—in themselves, in leadership, in the plan, or in the future. In high-pressure, high-stakes environments, that loss of confidence erodes trust, increases friction, and slows execution. In Fearless Leadership™, Carey reveals the leadership behaviors that build trust, demonstrate courage, and strengthen confidence when it matters most. Grounded in real-world leadership experience and original research, this keynote provides practical tools for building trust before it is tested, communicating effectively during uncertainty, and creating cultures where people can perform at their best. Ideal for sales rallies, leadership summits, and company kickoffs, this keynote equips leaders to build trust, strengthen confidence, and inspire commitment before teams return to execute. Fearless leadership is not the absence of fear. It's the ability to move forward despite it.

SPAN OF CONTROL™ Leaders today aren't struggling because they lack effort. They're stretched thin because their attention is under attack. Too many priorities. Too many distractions. Too many demands are competing for finite time and energy. Span of Control™ is an actionable framework for regaining clarity, control, and momentum when leaders feel overloaded. It's the discipline of locking onto what you can and should control right now—and recognizing that everything else is just a distraction. In high-stakes environments—whether at 40,000 feet or inside complex organizations—success depends on one critical skill: the ability to focus on what matters most while letting go of what doesn't. In Span of Control™, Carey delivers a proven process for performing in the middle of chaos, change, and uncertainty. Grounded in real-world experience, leadership research, and insights from her bestselling book, this keynote equips audiences with tools to reduce overwhelm, sharpen focus, and drive results in fast-moving environments. A favorite for sales kickoffs, strategic planning meetings, and annual conferences, this keynote helps teams cut through competing priorities, focus on what matters most, and execute with greater clarity. Because when

you dilute your focus, you dilute your power.