Susan O’Malley

Former President of the Washington Capitals and the Washington Wizards, First Female President of a Professional Sports Franchise

Seven Leadership & Life Lessons. In an engaging and upbeat presentation, Susan O’Malley outlines the seven seminal ‘rules’ for leadership and life and shares insider stories about entertainment, hockey, and basketball. Her message is influenced by her family and the management lessons she learned in her successful, unprecedented career. Many life lessons are learned early, from family and familial experience. Sitting around the kitchen table listening to parents and grandparents discuss the struggles and triumphs of life and work is one of the most vital learning experiences for any leader. By focusing on the lessons of her own childhood and then reinforcing them with her proven business expertise, O’Malley offers vital insights for leaders of all stripes. A trailblazer for herself and others, she is hilarious, brilliant, genuine, and inviting. Her warm sense of humor, self-described “folksy” style, entertaining stories, and sharp wit make her lessons memorable and an instant favorite among audiences. She leaves listeners thoroughly entertained and uplifted and with practical takeaways for their own lives and businesses.

The W.I.N. Theory. In this keynote talk, Susan O’Malley outlines the three keys to being a success at any level of business. The W.I.N. Theory begins with W, for “Work hard”—because laziness and complacency have never produced great success. The I is for “Individuality”—because going along with the crowd is the best way to *not* get noticed. The N is for “Say No to the stupid stuff”—because a discerning eye, common sense, and the ability to differentiate the good ideas from the dumb ones is one of the first and most basic traits shared by all successful leaders. O’Malley delivers this simple yet powerful message with her trademark humor and will have audiences laughing while they’re learning.