

Liza.  
PAVLAKOS



Liza's life story is one of the grit and gravitas. Now she inspires others to overcome challenges and transform their lives. Liza presents live and virtual events.

## About Liza



Overcoming homelessness, abduction, intense abuse and human trafficking to achieving extraordinary success. Liza Pavlakos is a successful entrepreneur and a powerful speaker who has inspired over 100,000 audiences across six continents. Founder of Positive Breakthroughs, working with a team of experienced chartered psychologists, psychotherapists, counsellors and coaches who are passionate about improving mental health and committed to offering therapy to all individuals regardless of their age, race, culture, disability, sexual orientation, or socio-economic background. Liza is a qualified psychotherapist and transformational executive coach empowering others to succeed in the face of adversity.

Having experienced enough trauma to last a lifetime, she draws from her own inspiring story of grit and resilience to influence thousands, to convince them that obstacles are not insurmountable. Her life story is a narrative of grit and gravitas, a tale of one woman's journey of overcoming the impossible adversities and triumphing against all odds to becoming a self-made entrepreneur, inspiring others to thrive.

As an inspiring speaker and mentor, her life mission is to drive entrepreneurs and corporate teams to overcome adversities with steadfast determination. To show them that if they have the courage and a burning desire to succeed, nothing can stop them from reaching their goals.

Liza is best known as an inspirational force for leadership, team building, and performance. Her heartfelt keynotes have led Liza to be recognised as Top 10 Female Speakers in the World for 2020 and Honouree of 2021 Toastmasters' most prestigious award, the Golden Gavel, In the Field of Communication & Leadership. Having been featured as a thought leader in empowerment on CNN, BBC and other media outlets around the world, Liza inspires change.

Winner of the Super Achievement Award from The Women's World Leadership Congress and People Choice of Excellence Award from the HR Congress and Asia HRD Summit, she has motivated countless teams from Fortune 500 companies, including The Coca-Cola Company, Marriott International, AON Insurance company, among many others.

When the challenges are insurmountable, the goals audacious, and the competition intense, Liza gives individuals and organisations the tools they need to push through to beyond survival and thrive in the face of challenges. Author of her upcoming book "Voiceless No More", Liza's mission is to help people succeed amid any adversity.



2021 *Toastmasters'*  
most prestigious  
award, the *Golden Gavel*  
Award Honouree  
In The Field of Communication & Leadership

Winner of the *People Choice*  
of *Excellence* Award  
-HR Congress & Asia HRD Summit

Winner of the *Super*  
*Achievement* Award  
-World Women's Leadership Congress Awards

Ranked among  
*Top 10* *Female Speakers*  
in the World  
-Real Leaders



# 5 Reasons to book Liza

More than inspiration, here are a few more reasons why Liza Pavlakos is the best speaker for your audience.

## 1. Results-driven

Liza's sessions are powerful, straightforward, and well-researched. They have changed the lives of many individuals around the world. Her keynote presentations are customized to address specific challenges and opportunities facing your audience.

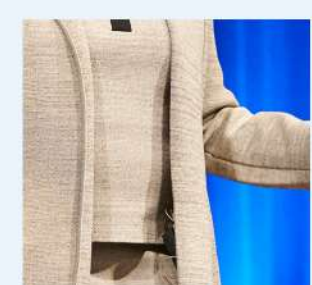


## 2. Elevating

Your audience will leave Liza's session armed with powerful motivational tools and having discovered the power within them.

## 3. Impactful

Liza's presentations have immense impact, with actionable tools and takeaways.





# 4.

## Heartfelt

Liza's life story is truly inspirational and authentic. She speaks from the heart. Your audience will walk away believing that no challenge is unbeatable.

# 5.

## Significant

Liza's story is relevant, real, and raw. She inspires change.



## Keynotes

Liza's Keynotes are:

1. Perfect for opening or closing meetings with energy and immersive motivation to help teams tackle fearless goals.
2. Powerful, impactful, and packed with practical, real-world takeaways that inspire peak performance and exceptional leadership.
3. Designed with customized content, adaptive to different business models, challenges, motivations, and emerging opportunities.
4. Authentic, relevant, heartfelt, practical, and with tangible applications in leadership, negotiation, change, sales, teamwork, and overall business inspiration.
5. Able to impart with your teams the ways on how to be resilient during stressful times, to face adversity with strength and courage, and to plan for the future.



## Featured Keynotes



### Beyond Survival

Embracing Life, Embracing Change.



### What's your narrative?

Discover the power of your story.



### Becoming by Overcoming

Staying resilient in times of uncertainty.

## Testimonials



Liza is an *outstanding speaker*. Her story inspires us to change for the *betterment* of our families, our teams and our clients.



Liza has this amazing ability to connect with people. She inspires change and her stories have the power to *transform* lives.



Liza's representation is *insightful, actionable, and authentic*.

WINSUMMIT

Liza was ranked the *highest rated keynote speaker* for the entire event.

## Contact



### Speaking Enquiries

Alyson Pendlebury  
+44 7830677994  
alyson@lizapavlakos.com

### Business & Media Enquiries

Liza's Team  
info@lizapavlakos.com

