

LAURIE D. WHEELER

CLARITY, DECISION-MAKING & HUMAN PERFORMANCE SPEAKER

MEET LAURIE

Laurie D. Wheeler is an author, speaker, and expert in clarity and human performance with more than 30 years of experience helping people navigate uncertainty, change, and major life transitions.

Her understanding of transformation was shaped through both personal adversity and decades of guiding others. Her work blends real-world leadership, lived experience, practical tools, and science-informed insight.

> *Laurie guided our group through an exceptionally valuable experience - exactly what we needed to support our growth.*
>
> **- TOM S., PHYSICIAN ASSISTANT**

BRING LAURIE TO YOUR EVENT

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KEYNOTE SPEAKER

What's the "But" in Your Sentence?™

Turn the word that stops you into the pivot that moves you forward.

A keynote about the language, beliefs, and assumptions that quietly shape our choices - and how one shift in perspective can open a new possibility.

Have you ever heard yourself say, "I'd love to... but" or "I know what I need to do... but"? That small word often marks the moment possibility narrows and an old belief, fear, assumption, or limitation takes over.

In this engaging keynote, Laurie helps audiences recognize the hidden "buts" that influence decisions, confidence, and action. Through storytelling, practical reframing, and interactive moments, she shows how to interrupt the familiar pattern, see another perspective, and choose what comes next with greater clarity.

> ***What's the "but" in your sentence?***
>
> *And what becomes possible when you challenge it?*

WHAT YOU WALK AWAY WITH

- Recognize the language and beliefs that quietly limit choices
- Interrupt automatic patterns before they become decisions
- Reframe challenges to uncover another perspective
- Move from hesitation and reaction toward purposeful action

WHO THIS IS FOR

- Leaders and teams navigating change or uncertainty
- Professionals caught in overthinking, hesitation, or self-doubt
- Organizations seeking greater adaptability and engagement
- Audiences ready to turn insight into meaningful action

AVAILABLE FORMATS

KEYNOTE 30-60 MINUTES

WORKSHOP 60-120 MINUTES

CUSTOM TEAM / LEADERSHIP SESSION

WHY THIS TALK IS DIFFERENT

This isn't about positive thinking or simply replacing one word. It's about noticing the moment a familiar story closes down possibility - and learning how to create a pivot toward a more useful question, perspective, and next action.

THE CORE IDEA

Sometimes the breakthrough isn't a new answer.
It's the moment you stop letting the old sentence decide what comes next.

SELECTED CLIENTS, EVENTS & MEDIA

- Pratt & Whitney
- Portsmouth Regional Hospital - Women's Program
- Conscious Life Expo
- New Life Expo
- Balance Your Life TV
- SUNY New Paltz
- North Shore Community College
- York County Community College
- BioMed Expo
- You Wealth Revolution Worldwide Podcast

Change the sentence. Change what becomes possible.